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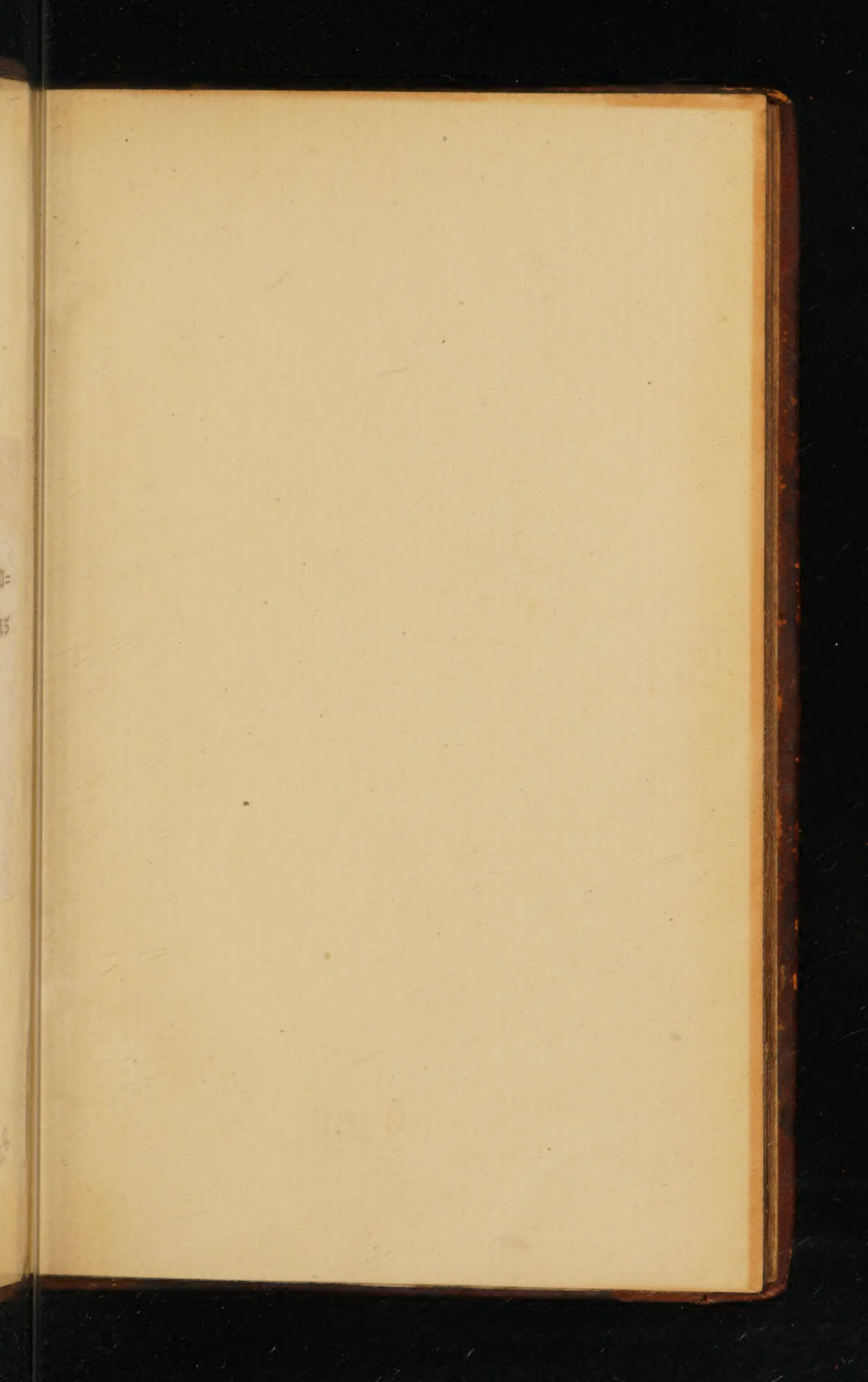
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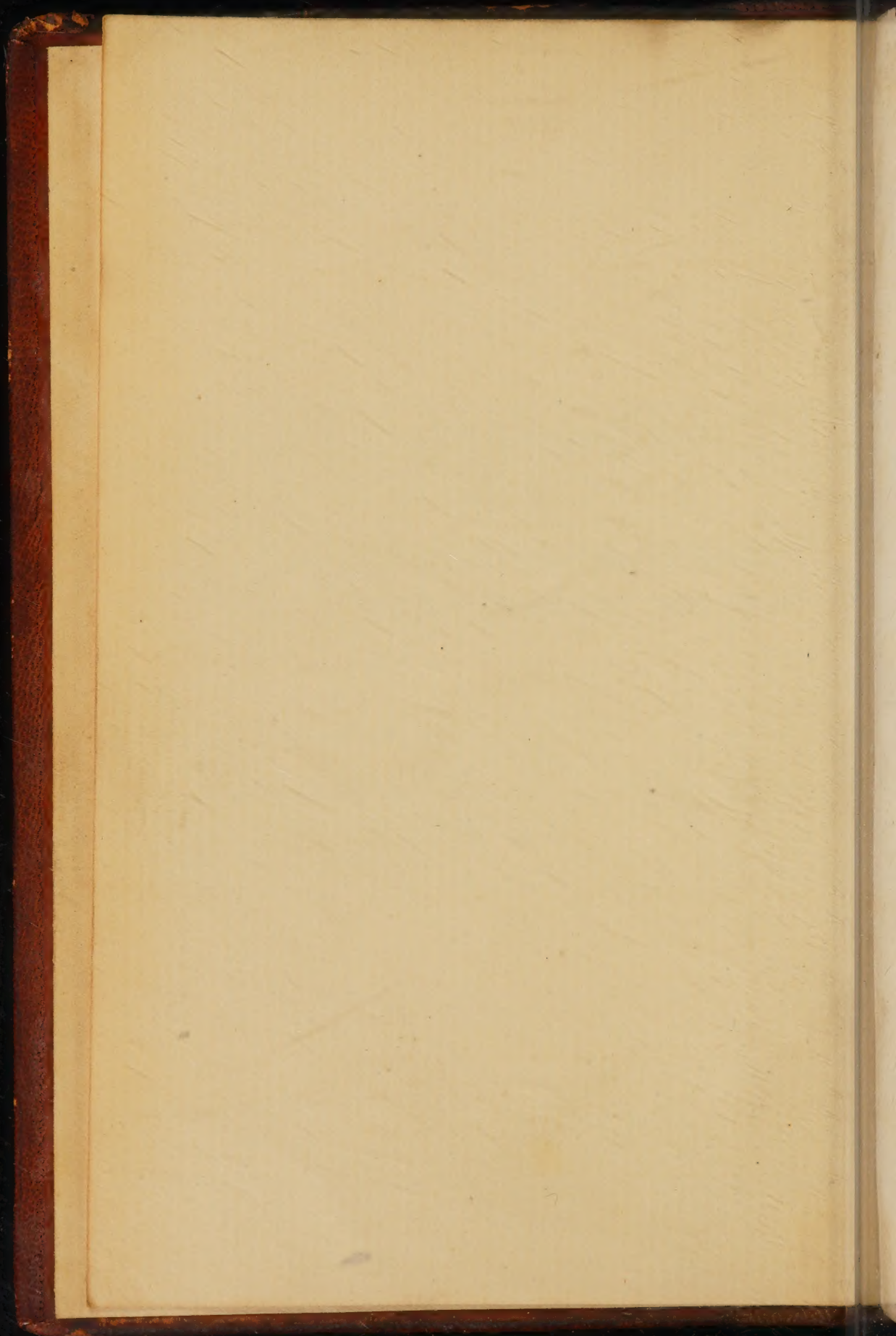
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TREATISE

OF THE ARTS

AND
MANNERS

OF THE
ANCIENTS

AND
MODERNS

IN
THE
ARTS

AND
MANNERS

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William Standfast*

A
T R E A T I S E
O F T H E
G O U T:

Wherein both its CAUSE and
CURE are demonstrably
made appear.

To which are added, some Medicinal
Observations concerning the Cure
of *Fevers, &c.* by the means of *Acids.*

By JOHN COLBATCH, Physician,
A Member of the Royal College of
Physicians, *London.*

L O N D O N;

Printed for Daniel Brown at the Black Swan and
Bible without Temple-Bar, and Roger Clavel
at the Peacock in Fleet-street. 1697.

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To the Worthy

Dr. *WILLIAM COLE*,

*Fellow of the Royal College of
Physicians, London.*

Honoured Sir ;

MY Love to Truth, and
the Good and Wel-
fare of Mankind, have
engaged me in the publishing
of the following Piece. I am

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sure

sure it contains Truth, but the Truths therein contained want a much better Champion than my self, to assert and defend, against the many and Potent Adversaries they are like to meet with: I have therefore presumed to fix your Name before it, knowing that if you but please to espouse it, my business is done, and the Conquest gain'd; the Reputation you have in the World being sufficient to recommend whatsoever is patronized by you.

you. But, *Sir*, the Doctrine herein advanced is not new to you, it being what you have long ago practised, even before I knew you; and the wonderful Success that you have had in your Practice, is very well known, more especially in *Worcestershire*, and the adjacent Counties, amongst whom you long liv'd: and to my certain Knowledg, when you were about leaving those Parts to come up to *London*, the Peo-

ple were in as great a Concern, as if they had been losing their Common Deliverer, as indeed you were to them. I should be a very ungrateful Person if I should not own to the World the Benefit and Advantage I have received from that intimate Conversation I have had with you, wherein you have always carried your self more like a Father than a common Friend : and from those grave and serious Admonitions I have

have received from you, I have been stimulated to study Nature to the bottom, that thereby I might arrive at Truth, in which I have been greatly assisted by you; which Generosity and Kindness I can never forget; as also your great Care of me some Years ago, when my Life was despaired of by every body: I am sure, without a Miracle, I had not been on this side the Grave, had it not been for you; which with all other Kindnesses received
from

x *The Dedication.*

from you, I shall never cease
to acknowledg, and to be

Your Faithful and

Obedient Servant,

JOHN COLBATCH.

T H E

THE
P R E F A C E.

I Have long since promised a *History* of Blood and the other Juices contained in a *Human Body*, both in their *Natural* and *Morbid States*. Now this is the second Piece that has slipped out since I promised the foresaid *History*, for which I can make a very good *Apolo- gy*. The *History of Blood, &c.* is a Piece I must fetch out of the *Fire*, there not being one Page in it that doth not cost me near a *Day's Labour* and *At- tendance* at home in my *Laboratory*, to compleat, and therefore can go on but slowly, especially since my *Multiplicity* of
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of Business requires my being always abroad: Whereas this Piece being composed of Observations and Speculations, I have been able to compleat at those leisure Times I have had at Coffee-Houses and other such Places.

Upon several Reviews I find there are such a Number of Experiments wanting to make my History of Blood compleat, that my Multitude of Business won't permit me to finish it in some Year: nay it is so very chargeable a Piece of Work, that it is more fit to be carried on at the publick Expence of the Nation, than by any one private Hand, and would be to the Honour of the Nation to encourage such a thing: A Thousand Pounds a Year would defray all the Charge of a publick Laboratory; and what would such a small Sum be, though at this time of Necessity, in comparison to the great Advantage the World would receive by it?

I am not ignorant how difficult a thing it is to root an Opinion out of Mens Minds, being once received and established, though upon never so false a Bottom ; the only Method to do which, is by plain and obvious Experiments. Let People but lay aside their Prejudice, and set themselves to making Experiments, and I am sure they will lay aside their old Notions, and embrace my new Hypothesis.

Truth for a time may be oppressed, but finally suppressed it cannot be. Truth is stronger than all Falshood ; it is (as one said) *Temporis Filia*, the Daughter of Time, and will at length prevail : It is *Simplex & nuda*, sed *efficax & magna* ; simple and naked, but powerful and strong : *Splendet cum obscuratur, vincit cum opprimitur* ; It shineth when it is darkened, and overcometh when it is oppressed.

I would my self very gladly contribute beyond my Ability towards the setting up of a publick Laboratory, and I am sure by that means it's possible to bring things to a Certainty : What would not People give to save their Lives, and to be freed from Pain ? God knows, as the Case stands, Physicians can do neither with any Sort of Certainty : But by making Multitudes of Experiments, upon the Foundation I can easily lay down, the Case may be much altered ; but the Burden is too great for any one Man to bear ; but were it to be carried on by the Publick, it would not be felt.

I have a Multitude of Enemies, who will not stick to accuse and reproach me, and I doubt not but some will presently cry out, That I propose a Publick Laboratory, hoping to be the Head and Director of it my self, in order to put Part of the Allowance into my own Pocket.

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To these Men I shall answer in short, that I have no such Aim, but on the contrary would contribute as much as any Man of my Fortune towards the carrying on of so great and useful a Work, and would likewise spend all the Time I can spare from my Business in attending upon it, without expecting the least Reward, except the general one that would accrue to the whole Faculty, in bringing our Profession to some Sort of Certainty.

We do now grope most miserably in the Dark, and it grieves me to the Soul when I see People in distress, and know not how to help them: If turning over Books would do me any Service, I would never cease to do that; but I have too long in vain tried that Method, and till I began to make Experiments, I could act upon no Certainty in any one Case; and from the Observations I have

have made, I am fully satisfied that by numerous Experiments we may arrive at Certainty in the Cure of most Diseases.

I have in my Introduction made use of a Familiar and easy Experiment to confirm the Truth of my new Hypothesis; and if any one shall take upon them to answer what I have said in this, or any of my former Pieces, I expect that they should back their Arguments with Experiments, or I shall take no Notice of them.

I have said in my Essay of Alkaly and Acid, that I at that time had not had many Patients who were troubled with the Gout; neither has the Number of them yet been very much increased: but from those I have had to do with, I am perfectly satisfied, both as to the Cause and Cure of it; and I doubt not but all those who will faithfully make use

use of the Methods I have laid down, will find that they will answer their Intentions ; for in between forty and fifty Patients, I have not been above twice or thrice balk'd in my Expectations, and then I had more reason to attribute it to the Irregularities and Perverseness of the Patients, than the Insufficiency of the Method.

The very Medicines themselves, and the Doses I have prescribed, must very frequently be varied according as Peoples Strength and Constitutions vary : and this thing can't be learnt by every new Profelyte in a Minute ; it is Time and Observation must teach People those things.

The Hypothesis upon which I build my Practice, I am sure is true : And if People are once satisfied that the Blood's abounding with Alkalious Particles is the Cause of the Gout and other Distempers, it necessarily
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follows

follows that Acids are only proper to correct the said Alkaline Particles: But however no Man is obliged to use those Acids only that I prescribe, but every Man is left to his Liberty to vary them as he pleaseth. It would be very arrogant in me, when the *Materia Medica* is of such vast Extent, magisterially to insist upon the Use of any Set of Medicines; nay I do not in the least pretend to it: but I do assert that the Cause of the Gout is not from the Blood's abounding with Acid, but on the contrary with Alkalious Particles; and therefore if ever we design to attempt the Cure of the said Distemper with any sort of Certainty, it must be by the Means of proper Acids, which I my self have hitherto found effectual, and have not the least Reason to doubt but that I shall continue so to do.

As I have before said, so I continue to do, that there is a vast Difference in Acids; some (as Dr. Grew observes) are Acido-Sulphurea, others Sulphureo-Acida, &c. But this Difference in them, and the different Effects they have upon Human Bodies, are only to be known by Time and Observation.

It cannot be supposed that a Physician who was Yesterday for Alkalies, can to day so turn his Hand, as to use Acids in so proper a Manner as they ought to be. Almost all the Productions of the Vegetable and Mineral Kingdoms are Acids, but differently specifick; and according to the specifick Difference, so they have a different Operation. I have before in one of my former Pieces observed that there are manifest Acids and occult ones, and each of these have different Operations according as they are specifick

ficated by Nature ; some work by Stool, others by Urine ; some are Dieureticks, others Diaphoreticks ; some are Emetticks, and others are only Alteratives, have no visible, sensible Operation. Now although a Man may be convinced of the Necessity of the Use of Acids in general, yet the great Variety there is in them, and the different Operations they have upon Human Bodies, are only to be learnt by Time and Observation.

In all Diseases the Physicians have hitherto unanimously agreed that Acids have abounded; and if the Acid hath abounded to such a Degree that with their Alkalies they could not conquer it, why then the Patient hath died : Well, but suppose this true ; How then comes the dead Body to stink so soon ? Every Body knows that Acids preserve Animal Substances from stinking and Corruption; and therefore if the Juices
of

of the dead Body were full of Acids, it is difficult to conceive how the Body should so soon begin to putrify; nay it were altogether impossible that it should be so: But Alkalies promoting Putrefaction in Animal Substances, from the sudden Putrefaction of dead Bodies, it is natural to infer, that the Juices were too full of Alkalies, which caused first the Disease, then Death, and afterwards the sudden Putrefaction.

It is still thrown in my Dish that I have not been educated at the University, and therefore how came I to be a Physician?

I am not ashamed to own that I have not had University Education, (tho I account it a Misfortune) yet I have spent as much Money to qualify me for the Practice of Physick, as most Men who have spent their Times in the Universities; I have had ocular

Demonstration for my Money, whenas some of our University - Men have had only the fusty Notions of old Aristotle for theirs. I have aimed at Certainty in the Cure of Diseases, and if I can but once arrive to that (which I will never rest till I have done) I care for no more. If we could have a Publick Laboratory at the Nation's Expence, I shall hope to see that Matter sooner effected, than it is possible to be at the private Charge of any one Man. It costs the Nation some Hundred Thousands of Pounds a Year in buying Powder and Ball to destroy Mankind (though in carrying on the most just War that ever was on foot) and why should there not be one Thousand Pounds a Year laid out in carrying on those Experiments that would tend to the saving of Mens Lives? There is a noble Laboratory already built at the Physicians College

lege (the fittest Place for such a thing as I propose) and the governing Officers are Men of that Fidelity , and of such publick Spirits , that they are fit to be trusted with a greater Sum than is required for this Matter ; and I am sure would take Care to see the Money laid out for its designed Uses.

The improving the Doctrine of Specifick Remedies is what deserves our utmost Care and Diligence ; and if any one shall be so kind to me as to communicate any thing of that Nature, it shall faithfully be published, with the Person's Name from whom I had it.

The wonderful and astonishing Success I have had in the Cure of Fevers of all sorts, by the Means of Acids, has induced me at the latter End of this Piece, to publish some Observations of that Nature. And I

doubt not but if Acids were once brought in Fashion, Fevers would not be accounted such terrible things as now they are.

I have not set my Patients Names to my Observations, by reason that many of them are People who make a Figure in the World, and I fear would not take it well to have their Names appear in Print ; but if any one shall doubt the Truth of any one of the Relations, I will inform them of the Persons Names, and the Places of their Abode, with the Names of the Apothecaries upon whose Files they may see the Prescriptions.

I have made some Reflections upon Physicians in general, but those I hint at are principally Foreigners, they all to a Man asserting the Doctrine of Alkalies, though without the least Foundation of Reason in the World. I confess there are some London Physi-

Physicians who have been very violent against me ; but from the Major Part of the College I have been treated with the greatest Candor and Civility imaginable : And I do verily believe (generally speaking) there are not so Learned a Body of Men in the World ; who instead of opposing and oppressing, would give all the Encouragement imaginable to any one who shall make any new Discoveries, which have any sort of Tendence towards the promoting the Good and Welfare of Mankind.

I must confess that I have been the warmer in some of my Expressions, that thereby I might exasperate those who are my professed Enemies to convince me of my Errors , if what I have advanced are such : Otherwise to confess that they themselves have been mistaken.

In the following Treatise of the Gout, I have reserved but one Secret, and that is a Medicine obtained from the Pyrittis; and to all those who will but give themselves the Trouble of nicely inquiring into the said Stone (which to me seems one of the greatest Mysteries in Nature) the said Secret will very easily be discovered.

The Alkaliest, that universal Dissolvent of Helmont and Paracelsus, is a thing that has made a very great Noise in the World; and though many People have been at vast Charge in the Quest after it, yet I have scarce met with any one (except one Person) in our time, who has been Master of it. But upon some late Experiments made upon the Pyrittis, I am perfectly satisfied that the said noble Menstruum is with very little Trouble and Charge to be obtained, from this so common, yet most valuable

able Subject. In the next Piece I print, I will give an Account of the Experiments I have made upon it. I have already procured a Menstruum from it, that will readily dissolve all the Metals and Minerals I have met with: but the utmost Extent of it I do not yet know, but as soon as I do, the World shall have an Account of it.

I have mentioned this for the Sake of some honest Virtuosi, who will be very glad to be informed of the Subject from whence this Noble Menstruum may be obtained; and if once it comes to be publickly known, it is impossible to imagine what great Service Mankind will receive by it.

I have, besides my Observations concerning the Cure of Fevers, &c. added to the End of this Piece three or four Letters; the one of which is a Letter

I received from Dr. Baynard at the Bath, with an Account of a strange and extraordinary Cure wrought by Bathing in cold Water ; another is only the Postscript of a Letter from Mr. Matthews an Apothecary at Ledbury in Herefordshire, wherein he gives me an Account of a Specifick in the Small Pox, and a very extraordinary Method for the Cure of Convulsions: The third is a Letter from an unknown Hand, upon which I have made some Animadversions.

When Sir Richard Tabor first began to use the Cortex Peruvianus for the Cure of Agues, every Body cried out against it as the most Pernicious Medicine in the World : But by degrees they changed their Tone , and it is now become so extravagantly in Vogue , that it is prescribed by some , in the Cure of all Diseases, and I believe in a little time will be made use of

of in Plaisters to cure Corns.

By this may be seen the Instability of Human Nature, Men being more governed by their Fancies than their Reason ; that which to day is condemned and exploded, to morrow may be had in the greatest Value and Esteem.

I am morally certain that my New Doctrine of Acids, which at present is so much decried, will in a little time obtain the publick Vogue ; it carrying a self-Evidence and Demonstration along with it : Nay I doubt not but some People will be so enamoured with it, as to use Acids with as much Reason as others at this Time do the Cortex. But the Doctrine of Acids being a thing of that universal Extent, it is almost impossible that any one can do so much Mischief with them, as is now done by the Cortex.

Agues were wont to be accounted Ludibrium Medicorum, by reason that

no Physician could with Certainty cure them; but at last it evidently appearing that the Cortex would certainly cure them, a great many People immediately concluded, that it must answer all that the Adepts have said concerning the celebrated Panacea's, in curing all Distempers generally accounted incurable upon which Score, to the no small Disgrace of the Practice of Physick, the Cortex hath been so universally prescribed, but with so little Success (unless in Agues) that even the Common People begin to cry out against, and be afraid of it.

Providence has put me upon a Piece of Work which is the most ungrateful thing in the World, viz. To encounter with Prejudices that have been long rooted in Mens Minds; and whoever attempts any such thing, will never fail of being censured by many. 'Tis a common Miscarriage (says Malebranch) with all Mankind

to be too precipitate in judging ; for all Men are obnoxious to Error, and only obnoxious upon this Account. But all hasty and rash Judgments are ever consonant to Prejudices, and therefore Authors who oppugn them cannot possibly escape Sentence from all their Judges, who appeal to antient Opinions as the Laws whereby they ought to pronounce. For indeed most Readers are both Judge and Party, in respect to such Authors : their Judges they are, that Quality is incontestable ; but they are a Party likewise, being disturbed by these Authors in the Possession of their Antient Prejudices, for which they have the Plea of Prescription, and to which they have been accustomed many Years.

I have heartily endeavoured to promote the Honour of my Profession, and to enquire after Truth. What I have advanced , I am fully convinced is
Truth :

Truth : But if any one shall by substantial and well-grounded Experiments convince me of the contrary, instead of being angry with him, I shall never cease to love and admire him.

*From my House in Villers Street,
York Buildings, November
the 10th, 1696.*

The

The INTRODUCTION.

THIS Piece I am satisfied will fall into the hands of a great many *Ingenious Gentlemen* who are not *Physicians*, for whom it will be very natural to say, you here pretend to advance a new *Hypothesis* in opposition to almost all Mankind: and although you refer us to the analyzing of the *Blood* by the Fire, for a Confirmation of the truth of what you say; yet that is not sufficiently satisfactory to us, by reason we have not opportunity of making *Chymical Experiments*, and therefore would be glad of some more familiar Demonstration, whereby we might be satisfied without being put to much trouble.

For the Satisfaction of whom, I shall here lay down a Method, and that the very easiest in the World, whereby every Man is capable of being a Judg whether my *Hypothesis* be true or false.

It is well known, even to every *Apothecary's Boy*, that all *Acids*, such as *Oil of Vitriol*, *Oil of Sulphur per Campanam*, *Spirit of Niter*, *Spirit of Salt*, *Vinegar*, &c. being poured upon *Syrup of Violets*, or into a Solution of it, in any *Aqueous Vehicle*, will immediately turn it from a *blue* into a very *red Colour*; and as the *Acid* is more or less strong. so will the red Colour be of a deeper or a paler Dye. On the other hand, all manifest *Alka-*

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lies, such as all the *Lixivious Salts*, all the *volatile Spirits* and *Salts* such as *Spirit* and *Salt* of *Harts-horn*, *Spirit* and *Salt* of *sal Armoniack*, *Salt* of *Vipers*, &c. will turn *Syrup of Violets*, or a *Solution* of it, either in *Spring Water*, or any other *Aqueous Vehicle*, from a *blue* into a *green Colour*; and as the *Alkaly* is more or less strong, so will the *green Colour* be of a *paler* or a *deeper Dye*.

From the foregoing Experiments it may be naturally inferred, that if the *Serum* of the *Blood* will alter the *Colour* of *Syrup of Violets*, or a *Solution* of it, from a *blue Colour* to that of *Redness*, it would then be plain that the said *Serum* did abound with *Acid Particles*, by reason that all *Acids*, not one excepted, do so alter the *Colour* of it. But if, on the other hand, the *Serum* of the *Blood*, being mixed with *Syrup of Violets*, or a *Solution* of it, instead of changing its *Colour* from *blue* to *red*, as *Acids* do; but as all other *Alkalies*, does change the *blue* into a manifest *green*; and as it is more or less impregnated with *Alkalious Particles*, so the result is, either a *paler* or a *deeper Green*.

Now I do positively assert, that I never once could find that the *Serum* of the *Blood*, either in this case or any other that I have mentioned, being mixed with *Syrup of Violets* or a *Solution* of it, would turn it into any other *Colour*, than a *green* one, as all manifest *Alkalies*, not one excepted, do; but as it hath been more or less impregnated with the said *Particles*, so the *green Colour* has been *deeper* or *paler*.

This is so familiar and easy an Experiment, that every one is capable of making it upon all

occasions, *Syrup of Violets* being every where to be had, and there cannot be the least Fallacy or Deceit in it. All manifest *Alkalies*, whether volatile or fixt, do change the Colour of *Syrup of Violets*, or a Solution of it, from a *blue* one, to that of *Greeness*; *ergo*, if the *Serum* of the *Blood* does cause the same change in the Colour of *Syrup of Violets* it must certainly abound with *Alkalious Particles*. All manifest *Acids* do change the Colour of *Syrup of Violets* from *blue* to that of *Redness*: But the *Serum* of the *Blood*, does change the *blue* Colour into a *green* one; *ergo* it cannot abound with *Acids*.

This is an easy way of arguing, and the plainest Demonstration in the World. There is no one that labours under a Fit of the *Gout*, or any other Distemper whether Chronical or Acute, but will be glad to lose two or three Ounces of *Blood*, (tho there be no absolute Necessity for *Phlebotomy*) to make this Experiment, upon which so much depends.

Every Gentleman is able to reason thus with himself, My *Physician* tells me that my *Blood* abounds with *Acids* (or at least most of the *Physicians* of our Age do so) and upon that score gives me *Alkalies* to mortify and correct those *Acids* in my *Blood*. But if my *Physician* should be mistaken, and instead of *Acid* my *Blood* abounds with *Alkalious Particles*; his giving me *Alkalies* must increase the Matter of my *Distemper*, and instead of doing me Service, must do me the greatest Prejudice imaginable; besides the great Risk I run of losing my Life, which to every Man is the valuablest thing in the World. Therefore

since I have so fair an Opportunity put into my hands, and by so easy an Experiment am capable of being a Judge my self what Particles my *Blood* abounds with, my own Eyes shall be the Judges whether *Acids* or *Alkalies* are to be blamed; whether this Man's Enemies (no less than almost the whole World, I mean of Physicians) or himself are to be blamed. If the Blood abounds with *Acids*, he ought to be kickt out of a *Commonwealth*, for endeavouring to impose upon Mankind: but if on the other hand the Blood abounds with *Alkalious Particles*, he deserves all the Encouragement in the World for discovering to us so useful and necessary a Truth, when by so doing he exposeth himself to the Malice and Rage of so many of the rest of his Profession.

This Experiment is liable to no one Objection that I know of, and by the Means of it (I thank God) I can refer my self to every *Gentleman*, whether the *Hypothesis* I have advanced be true or false, and I am sure from *Gentlemen* I shall have Justice. The *Physicians* in general have endeavoured to expose me, but pray why have they done so? but because their owning me to be in the right, would at the same time be an owning of their own Mistakes. But by this easy Experiment I have appealed from them to more just and upright Judges, for which they cannot blame me, neither would I have done it, had not some of them made it their Business to preach against me, even in full and open *Coffee-Houses*; therefore Justice to my self, and Charity to Mankind, have obliged me thus to plead for Truth, and Truth is not ashamed to appear, tho in the most naked and open Dress.

An Ounce or two of *Blood* is to be spared in any Case ; and pray let but People see with what reason *Alkalies* have been hitherto given, in *Fevers*, *Small Pox*, *Rheumatisms*, *Scurveys*, *Leprosies*, *Gouts*, &c. It will plainly appear by this Experiment, that the *Blood* of such Persons abounds with *Alkalies* ; and if so, pray why should we crowd in more *Alkalies*, unless it were to prolong the Distemper, to increase the number of Fees ? People must long since have known the Truth of this *Hypothesis*, or they must not. If they have not known it, then it's plain they have groped in the dark, and they have cured Diseases with as much certainty as a blind Man can catch a Hare, as the Proverb is, when we speak of any thing that is very unlikely. If they have known it before, then the giving of *Alkalies* at the rate that has been done, is a plain Argument against them, that they have not acted like honest Men. But I dare acquit them from this Charge, I do believe they have sworn *in Verbo Magistrum*. And because a few Book-learn'd Gentlemen have dreamt that the *Blood's* abounding with *Acids*, has been the Cause of Diseases, therefore right or wrong it must be so, tho' it be contrary to the most obvious and plain Experiments. When I appeal to the analyzing of the Blood by the Fire, my Appeal is then made to *Physicians* only, and this I have already done, but they have refused to do me Justice ; nay instead of doing Justice to Truth and me, many of them have abus'd and reproach'd me in all places, some calling me Fool, and others a mad Man, and all this for no other reason, than because I have endeavour'd to

advance the Honour and Glory of my Profession, in bringing the Cure of Diseases to some sort of Certainty. Now since Justice has been refused me by my Brethren, they cannot be angry with me for making my Appeal to those whose Interest it is to do Justice to me, and encourage me in my honest Undertaking.

I am heartily sorry I have been forced to be so very warm, but I doubt not but all the honest Gentlemen of our Profession will forgive me for it, when they find I drive at nothing else but the detecting of Errors, and the advancing of Truth. There is no one can charge me with any thing that is selfish (unless it be to leave a Name to Posterity) for the Publication of this Piece, and writing in that warm manner I have done, by reason I have reserved no one Secret to my self, but have discovered all I know: and if I can cure the *Gout*, others may do it as well as me; it is but changing sides, using proper *Acids* instead of *Alkalis*, and being at a little trouble in making Observations.

I want some University-Glosses to polish over this whole Treatise with; but Truth, like a Diamond, will sparkle and shew it self, tho it be encompassed about with Pebbles: Nay, indeed Truth needs no fine Glosses to put her off, she always appearing best in a naked Dress.

I am sorry that I am forced to be the Promulger of this new Doctrine, and am obliged to inculcate it in such Terms, that look like Self-commerdation. But I have been too long meal-mouth'd, by which means Truth hath suffered Damage: My over-Modesty has been the cause
that

that I have been so oppress'd, nay, indeed almost suppress'd from doing any further good in my Generation: But a constant Series of Successes has rais'd me up many Friends to stand by and support me, and I am thereby animated to go on in the Work I have so happily begun. Nothing but an extraordinary Providence could have supported me against so many Enemies. First of all, all the Surgeons in the World, and afterwards the Physicians, but from the Physicians (especially of this City) I have had by much the fairest Play, and the most civil Treatment; and I must do them that Justice, as to say, that they are more civil to me every day, for which cause I will do all that lies in my Power to do them Service. And for the Surgeons, I must own that I gain Friends amongst them daily; tho by their means I and my Family had like to have been undone, and all for endeavouring to do Mankind Service.

The following *Treatise* of the *Gout* is built upon my *Hypothesis* of *Alkaly* and *Acid*, upon which score I thought it necessary, by way of *Introduction*, to publish the foregoing easy *Experiment*, that thereby the whole World might be satisfied of the Truth or Falshood of the *Hypothesis*.

It is an easy matter for any Man to mix a little *Vinegar* with a Solution of *Syrup* of *Viols*, and to observe the Change that is immediately made in the *Colour* of it; and at the same time to mix a little *Serum* of *Blood* with another Solution of *Syrup* of *Violets*, and to see what a vastly different Change that makes in the said Solution.

By which means he will clearly discern, that the Particles causing those different Changes, must be vastly different. But upon Examination of the Change made in the Colour of the said Solution by manifest *Alkalies*, it will appear that the Particles of them, and the Particles with which the *Serum* of *Blood* abounds (especially in the forementioned Cases) are exactly the same.

Were there any one manifest *Acid* that would not turn a Solution of *Syrup* of *Violets* from a *blue* Colour to that of *Redness*, or any one manifest *Alkaly* that would not turn the said Solution from *Blue* to *Green*, I should not insist so much upon this *Experiment* as I have done. But since all *Acids* do produce a *Redness*, and all *Alkalies* a *Greenness*, I have all the Reason in the World to believe (had I no other cause for so doing) that the *Serum* of the *Blood* abounds with *Alkalious* Particles, by reason it never fails of turning the *blue* Solution into *Greenness*, especially in the Cases before-mentioned.

Object. Supposing your *Hypothesis* true, and that your Predecessors have been mistaken; how comes it to pass that they could ever cure any one Disease?

Answer. I own they have been able to cure some few Diseases, but how they have done it they themselves could never tell. If it be certain (as there is not the least reason of doubting) that the *Blood* in all or most Diseases abounds with *Alkalious* Particles, and at the same time they accounted

counted for the *Symptoms* of *Diseases* from the Blood's abounding with *Acids*, how is it possible that the Practice built upon so false a Bottom could ever be certain or successful? But they without being at the trouble of analyzing, or nicely enquiring into the Nature of them, have given *Steel Antimony*, &c. and the several Preparations of them, and by the means of them have cured several *Diseases*; but they have given them as *Alkalies*, when at the same time they will appear to any inquisitive Person to be *Acids*. They have also given many of the Productions of the *Vegetable Kingdom*, by the means of which many *Distempers* have been cured; but upon an exact Scrutiny it will appear that most *Vegetable Productions* are *Acids*. There is scarce one Plant moderately dried, to free it from the insipid Phlegm that most Plants abound with, which being committed to Distillation *per se*, in a proper Vessel, but will afford at least nine Parts of *Acid* to one of *Alkaly*; the *Volatile Parts* or *Salts* of *Plants* being *Acids*, and the *fix'd ones* *Alkalies*. Now their giving of these things has stood them in some stead, and cured many *Distempers* by a way they were ignorant of. The little Knowledge we have hitherto had of the true Causes of *Diseases* was the reason of *Helmont's* expressing himself after that manner, when he said, *Quisque Artificum facit quod promittit, Statuarius nempe Statuam, Calcearius Calceos indubiè parat, solus autem Medicus nil audet ex arte spondere suâ, quia nititur fundamentis incertis, & non nisi per accidens atque dolosè proficiens.* That there

there is a Certainty in all Professions but that of Physick.

For want of our taking Pains in making Experiments, has been the only cause of our so long building the Foundation of our Practice upon so false a Bottom; and I hope, that what I have said will excite the *Physicians* of our Age to make such Experiments, that thereby we may act upon some sort of Certainty. The *Physicians* of our own Age, but more particularly of our own *Nation*, and amongst them in a more especial manner those of our *College*, have made more and greater Discoveries in *Anatomy* than ever were made before, I mean in the *Anatomy* of the solid Parts. But as for the Fluids, those Parts wherein the Cause and Seat of most Diseases lurk, they have in a great measure been neglected: But the *College* abounds with Men of such large Capacities, that if once they set about that noble Work, I doubt not but they will soon perfect it, to the great Satisfaction and Advantage of all Mankind.

As I have before said, so I shall now repeat it again, that I may not be misunderstood by any one; that tho I commend *Acids* in the Cure of Diseases, yet I do not pretend that any one *Acid* will answer all Intentions, there being a mighty difference in the Operation and Nature of *Acids*. That *Acid* that will cure an *Acute Distemper*, (generally speaking) will not cure a *Chronical* one. I have generally observed that *Volatile Acids* are most effectual in *Acute Distempers*, and fix'd ones in those Distempers we call *Chronick* ones. But
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in these things every Man's Practice must be regulated and govern'd by Observations: For *Physick* had its Rise and Original from Observation, so I am sure that by Observation only it is capable of being brought to Perfection.

What has been said concerning the Difference of *Acids* has only relation to particular Practice; and I have mentioned it upon this account, that suffer People are fully satisfied that the Cause of Diseases does not proceed from the Blood's impounding with *Acid Particles*, but on the contrary, with *Alkalious* ones, that they should not from thence infer, that any one *Acid* is sufficient to cure all Diseases: For altho it be certain that the Cause of all Diseases does proceed from *Alkalies*, yet there being a vast difference in them also, according as they differ, so must the *Acid*, used to mortify and correct the Luxuriant *Alkalies*, differ: There are volatile and fixt *Alkalies*, as well as there are volatile and fixt *Acids*, or at least they are so, according to the received Notion we have of Fixity and Volatility.

I have all this while been talking as a Physician, but not as a Naturalist; for altho I account for the Cause and Cure of Diseases from *Alkalies* and *Acids*, yet I don't pretend to account for all the *Phenomena* of Nature from those two Principles, tho there have been those who have undertaken so to do, but I conceive they have been very much mistaken. There are many *Phenomena* in Natural Bodies that are not to be accounted for by the mutual Conflict of those two Principles, (if

I may so call them) such as Motion and Rest, Light and Darkness, Magnetism or the Operation of the Loadstone, and a great many others too many here to insert.

I shall finish this Introduction with an exact Copy of a Letter sent me from my worthy Friend Dr. Jones.

Dear Sir ;

AS for Acids, Dr. Baynard and your self deserve eternal Praise ; I ever had a great Kindness for them, and they will really cure more Distempers than any other sort of Medicines : They are excellent in the Plague, Spotted Fever, and Small Pox, and in extraordinary pertinacious Hemoragies, with Febricula, are instar omnium ; and as dangerous as those Distempers are, will hardly fail to cure them if given plentifully : I have had the Experience in the three last, from which you may infer their Prevalence in the Plague, but I do not speak it merely upon that Inference, but the several credible Accounts I have had of their use to prevent and cure the Plague. The second Year of my Practice I cured about thirty of Autumnal Fevers, by the plentiful use of Oil of Vitriol. I find them the Adequate Cure in all Cases wherein the Urine is Lixivial, all Putrefactions, all Scurvies wherein the Gums rot, all Cases wherein the Ordure or Urine are of a very ill scent, Cholera Morbus, Jaundice, Stoppage of Urine, soporose Affections ; in these last Cases they exceed all things, as they

do in Deliquiums; all dangerous Effects of
 opium, of which they are the true Correctors, Opi-
 um relaxing all the Parts, and they contracting them:
 all irregular Heats of Feet, Hands, &c. Vomitings,
 want of Appetite, Morpew internally and externally
 Med, Bitings of venomous Creatures, tough Phlegm,
 hard Tumours, unless schirrous, Drunkenness, Diseases
 of the Mouth that have any Stench or Putrefaction;
 excellent against all Norcottick Poisons whatsoever, to
 smell, take inwardly, or dip in them, which is best,
 way and exceeds all things that the World affords if
 they be very cold; Syncope, too much Sweating, Sun-
 burnt outwardly, Thirst, Furor Uterinus, Priapif-
 icus, pissing bloody Urine from Putrefaction, as in
 the Small Pox, and when you cannot attribute it to
 any other Cause than Putrefaction: Miscarriages,
 itch inward and outward, Ringworm, Tettar: To
 preserve from all Putrefaction both in Man and Beast.
 Factor Alarum, Pollutio Nocturna, Gonorrhea
 Amplex, Pector, or sink of the Feet, &c.

In all these Cases you may very much depend upon
 them. Make what use you please of this Catalogue,
 to print, or what you will, it is intended for your
 Service.

Your affectionate Lover,

J. JONES.

I still keep the Original Copy of this Letter by me: And the Author of it is a Man of the Truth and Candor, that he would not have wrote me such a Letter, and given me a Liberty of publishing it, if he had not been very well satisfied and assured of the Truth of what he had said: Nay, the Clearness of his Reason is such that I never knew him mention any thing that he was not able fully to demonstrate.

Of the Gout.

CHAP. I.

THE Gout is called *Articularis Morbus*, because it generally affects some of the Joints, and according to the Name of the Joint affected, it hath different Denomination; when it affects the Hands or Fingers, it is called *Chiragra*; when it affects the Hip, it is called *Sciatica*; when it affects the Knees, it is called *Gonagra*; when the Feet, *Podagra*; when the Ancles, *Talia*, or *Talica*, &c.

Altho the Gout hath so many different Names given it; yet I don't at all apprehend but the Distemper is exactly the same, and that the different Names proceed only from the Difference of the Part affected.

This Distemper is also by some called *Dominus Morborum* & *Morbus Dominorum*, by reason that it is one of the most tyrannical Distempers, and few but Gentlemen and those of the best Rank are troubled with it. It sometimes exerciseth it self with so much Cruelty and Tyranny, that those who are troubled with it, are almost ready to lay violent Hands upon themselves.

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The *Gout* may be divided into two Species, viz. that which is Adventitious, and that which is Hereditary; and of the two that which is hereditary, is by much the most difficult to be cured, and generally rageth with the greatest Violence.

The Antients did generally reckon that which we call a *Rheumatism*, as a Species of the *Gout*, calling it *Arthritis Vaga*, or the *Wandering Gout*; But herein I apprehend they were much mistaken, a *Rheumatism* being vastly different from the *Gout*, as will be shewn in its proper Place.

Great have been the Disputes about the original Source or Fountain of this Distemper. Some will have the *Brain* to be the principal Part concerned, and that from it the Morbick Matter is translated to the Part affected. Others charge it on the *Liver*, and some the *Stomach*, as *Helmont*, &c. But I for my part do charge the whole Mass of Blood, and all the Juices, and not any particular Part; the Reasons for my so doing will appear hereafter.

The *Gout* is an Index of it self: no one that feels the pain, but is capable of discerning the difference between it and all other Pains; the Pain of the *Gout* being a deep, distending, piercing, throbbing, continual and bitter Pain.

I do apprehend the Parts most immediately affected to be the *Glandules* immediately adjoining to the *Periostium*, which is one of the most sensible Membranes in a Man's Body.

I cannot agree with those Gentlemen who will have all Pain to proceed from a Solution of Continuity, which in plain English is either a Wound or Ulcer: now for my part I can't see why we should

should not be made sensible of any thing that injures us, which whatsoever causeth Pain doth, without destroying the Integrity of the Parts ; and it's plain, whatever causeth a Solution of Unity must destroy the Integrity of them. *Father Malbranch* tells us that our Senses are given us to guard our selves from Injuries, and that they never fail to answer the End for which they were given us : They are never guilty of deceiving us ; as for Instance, our *Taste* (a State of Health being supposed) never tells us that *Bitter* is *Sweet*, or *Sweet* *Bitter* ; our Smells never fail of distinguishing agreeable from hurtful *Odours* ; our Feeling never fails of distinguishing *Heat* from *Cold*, and *Cold* from *Heat*, and so on : and all these things proceed from a placid Vellication of the *Membranes*. *Pain* proceeds from a Contraction of the *Fibres*, and *Pleasure* from a Pacid Relaxation of them ; which being granted, it necessarily follows, that a Solution of the Unity of the Parts should rather produce Pleasure than Pain, by reason that when the *Fibres* are broken, they are not so able to contract themselves, as when they are whole.

I don't from this argue that there is no *Pain* proceeds from a Solution of Unity but that there may be very violent *Pains* where the Union of the Parts is preserved intire : As for Instance, a Blow with a blunt thing upon any Part, which only bruifeth it, will occasion greater Pain than if the same Part were cut with a sharp Instrument, although the one only compresseth the Parts, and the other divides them asunder, and so makes a perfect Solution of Unity. And I do lay it down as a positive Assertion, that all Pain is caused by

by a Stagnation of the Juices, which causeth a Compression of the *Membranes*; and as the Stagnation and Compression are greater or lesser, so the *Pain* is: But the stagnated Matter, according as it is more or less *acrimonious*, so it causeth different Sorts of *Pain*: *Pain* also is different in different Parts, according to the Difference of the *Membranes* affected; but there is no *Pain* in any Part without Stagnation.

People have more Reason to believe that there is a Solution of Unity in Parts affected with the *Palsy*, where there is a visible Consumption and Decay, and the Part perfectly wasted; but instead of *Pain* in such Parts, they are altogether void of Sensation.

My Business is not now to treat of *Wounds*, and therefore I shall not trouble my self to give any Account of the *Pain* which attends them, but shall only take notice, that it is not from the Division of the Parts, but from the Obstruction of the Motion of the Juices in the Edges of them, which occasions the *Pain* that attends them; and when once the swelling and Inflammation of the Parts adjacent are taken away, the *Pain* ceaseth.

The Persons who are most subject to this Disorder, are those who live quietly and luxuriously; and for want of proper Exercise, Nature does not sufficiently discharge the superfluous, excrementitious Juices by the *Emunctories* designed for that Purpose. It frequently attends those People who have been once poor, and whose Fortunes afterwards have been greatly mended; by which Means the Manner of their feeding being altered, changing a spare Diet for a more luxurious

rious Way of living, by which Means they frequently grow fat, and for want of good Digestion and proper Evacuations, they greatly abound with gross and viscous Humours. *Women* are not so subject to this Distemper as *Men*, especially if they have their *Courses* regularly, by the Means of which Evacuation they are freed from many *Distempers* : But upon the stopping of that Evacuation, or upon any too great Discharges that Way, is the only Cause of many *Distempers* attending that Sex.

The *Gout* may in general be defined to be a Pain of the *Joints* and Parts adjacent, occasioned from an extravasated *Alkaline Humour* which irritates the Membranes of the *Joints* and Parts adjacent.

To prove that the whole Mass of *Blood*, and all the fluid Parts, are originally concerned in this *Distemper*, and not any one particular Part, as the *Head*, *Liver*, *Stomach*, &c. the following Arguments will evince.

1. First from the general Disorders that precede a *Fit*.

2. From the Condition of the *Blood* and *Juices* during the Time of the *Fit*. Under which Head I shall make it appear that the *Blood* and *Juices* during the time of the *Fit* abound, not with *acid Particles*, but, on the contrary, with *Alkaline* ones.

(1.) Before People are seized with a *Fit* of the *Gout*, they have some general Disorders, and according as Peoples Constitutions are different, so the Disorders that attend them at this Time are different also : But very few People (let their

Constitutions be what they will) have a *Fit* of the *Gout*, but they have something of a *Fever* before it. Now *Acids* being the only things that hinder *Fermentations*, and prevent *Fevers*, it is impossible that they should be in the Fault; but *Alkalies* exciting *Fermentations*, and by Consequence causing *Fevers*, they are necessarily here to be blamed; and were timely Care taken to correct the *luxuriant alkalious Particles*, I am sure it would be no difficult Matter to prevent a *Fit*; and there is scarce any one that has a *Fit* of the *Gout*, but has timely notice to prevent it in case they will but take a true Method.

Sometimes the Fits of this Distemper are very regular, returning at certain Periods of Time; at other times very uncertain in the Times of its Invasion; but that for the most Part proceeds from a very irregular Way of living, and the Debility of Nature.

Dr. Sydenham, that honest and fair Man, to whom all the World is beholden for his ingenious and candid Way of writing, in his Tract *de Podagra*, says thus; *Quoties itaque regularis est Podagra, hoc ferè modo Ægrum aggreditur, &c.* As oft as the *Gout* is regular, it attacks People in this manner, at the latter End of *January*, or the Beginning of *February*, it all on a sudden invades them, they having no other knowledg of it, but that they find a Crudity and Rawness of their Stomachs for some Weeks before, with a windy Sort of Distention and Heaviness of the Body; which Symptoms every Day increase, till at last the *Tyrant* all at once appears; a few Days before which there is a Sort of *Drowsiness*, and as if there were

a Descent of Winds through the fleshy Parts of the *Thighs*, with a *spasmodick Affection*; and the Day before the Fit the Appetite is more voracious than at other times, but not natural. All which Symptoms (except the last, and that I have particularly spoken of in my Appendix to my Essay of *Alkaly* and *Acid*) proceed from the Abundance of *Alkalious Particles*, as will particularly be made appear.

The *Patient* he goes tolerably well to Bed, but about the second Hour after Midnight, he is excited with most *violent Pain*, for the most part affecting the *great Toe*, sometimes the *Heel*, and at other Times the *Ankle*; presently there follows a *Rigour* and *Horror*, and something of a *Fever*. Thus much for the Symptoms preceding a *Regular Fit*; next of all follow the Symptoms preceding those *Fits* called *irregular* ones.

Whereas in *regular Fits* the *Feet* only are infested, they seeming to be the most genuine Seat for the morbidick Matter, as indeed the Word generally used for this Distemper seems to intimate, *Podagra*, being *Pedis Captura*, a Distemper of the *Feet*; and when it affects any other Part, it is a most certain Sign that the Method of the Distemper is inverted, or that the Parts have lost their Vigor: But as it too frequently happens, either from the Use of improper Medicines, or some other Irregularities, it doth change its Course, and sometimes affects one Part, sometimes another, as the *Hands*, *Wrists*, *Knees*, &c. sometimes it affects the *Fingers*, and by degrees makes them useless; and in some time there are *Nodes* produced, containing in them a Substance

much like *Chalk* or *Crabs Eyes*, which Substance is very seldom generated in any other Part but the Fingers or Toes, where the Vessels being small, this gross *irregular* Matter is not capable of being absorbed by the small Capillary Vessels, and so by long lying is converted into the aforesaid Substance; which Substance being nothing but the Morbifick Matter indurated, is a very plain Demonstration of the *Hypothesis* I have advanced, and am endeavouring to confirm. The indurated *Morbifick Matter* being a plain known *Alkaly*, it is impossible the Distemper can proceed from *Acids*: Sometimes the *Morbifick Matter* being lodged upon the *Wrist*, causes large white Swellings, I have seen them as big as a large Egg: when it affects the *Thighs* (which is very seldom) it causeth a sense as if a great Weight were hanged upon the Part; but the Vessels being great, the Obstruction is not so, and so doth not excite very great Pain in that Part: But when it affects the *Knees*, it causeth the most exquisite Torments, and fixeth the Patient to the Place where he lies as if he were fastned with a Nail, he not being able to move himself at all: But the Pain is not altogether so urgent during the whole Fit, so that the Patient does but keep the Part affected quiet.

The *Regular Gout* (if so *Tyrannical a Distemper* can at all deserve the Name of *Regular*) seldom invades People but about the latter end of Winter, and after that it hath play'd its Pranks for *two or three Months* at farthest, it civilly goes off, and leaves the Patient in a good State of Health: But after it becomes irregular, some People are
never

never free the whole Year, unless it be the *two* or *three* very hot Months, and have frequently the most sharp and violent Pains for fourteen days, or more together, without the least Remission, attended with Sickness, and very frequently an almost total loss of Appetite, which cannot proceed from an abundance of *Acids*, for that excites Appetite, and helps Digestion. At those Intervals when the Distemper is abated and off, they have generally a great Stiffness and Disorder in those Joints that have been affected, I mean in *Antiquated, irregular Gouts*; for after the Fit of a *Regular Gout*, there is no such thing. This is to be observed, that the more Years People have laboured under this Distemper, the less violent is their Pain; but then they are generally attended with a greater Sickness and Disorder in their *Stomachs*; nay, sometimes the *Morbific Matter* is wholly thrown into the *Stomach* and *Guts*, which are membranous Parts, and when it is so, it seldom fails of proving fatal. If it be any Satisfaction to Men in Misery to be accounted amongst the Number of those who are Men of Sense, all People who are afflicted with the *Gout* may claim that Privilege: For, for my own part, I never yet met with one *Blockhead* or *Fool* that was ever troubled with it, which is a thing taken notice of by almost all People that have written upon this Subject.

The *Blood's* abounding with too great a quantity of *Alkalious Particles*, is the general Cause of this Distemper, in order to which there are several other things which concur: As,

First ; Too moist a State of Air, which hinders free Transpiration, by which means the *Excrementitious Alkaline Particles*, which should be thrown out by the *Cutaneous Pores*, are retained, and the quantity of *Excrementitious Alkaly* which is thrown out that way, those Passages being free, is not inconsiderable ; which *Particles* being retained in the *Blood*, do greatly contribute towards the raising of this unruly Devil, which the *wisest Magicians* hitherto have not been able to lay, which has been the occasion of that Saying,

Solvere Nodosam nescit Medicina Podagram.

But this is one of those *Devils* which is not to be cast out but by Prayer and Fasting ; that is, Nature her self, without help, is not able to get the Mastery of it, to rid her self from it : But alas, for want of the true Knowledge of the general Cause of this Distemper, Nature has hitherto rather been oppressed than assisted ; this *Hydra* not being to be overcome but by pouring in of fresh Battalions armed with pointed Spears and Lances upon him, *viz.* by giving large Quantities of Medicines, whose Particles are pointed, and thereby made capable of dividing the gross obstructing Matter, and turning it into a State of Fluidity.

Secondly ; The use of many sorts of Meat, and too great Ingurgitation thereof ; for by that means the Stomach is oppressed, and Digestion hindered ; by which means the whole Oeconomy of the Body is put out of order, and a Foundation laid for more Distempers than that of the *Gout* only ; the Stomach being to the Body as the
Root

Root to the Tree, or a Spring-head to a River : and if the Spring or Fountain-Head be muddy, or troubled, the Streams which come from it must be so also ; if the Root of the Tree be vitiated, the Branches cannot be supplied as they ought. Good Digestion makes good Chyle, and good Chyle makes good Blood ; but if the Chyle be vitiated by ill Digestion, the Blood made by it must be vitiated also, and of Consequence must be the Cause of bringing those Distempers upon People, the which they are subject to. For as my Predecessors have accounted for the general Cause of all Diseases from too great an *Acidity* of the Blood and Juices, and according to the difference in the Body and Part affected, so has the Distemper differed ; so I, who account for the general Cause of all Diseases from the abundance of *Alkalious Particles*, don't think I do amiss in following the Footsteps of my great Predecessors in this, that the same *Alkaly*, which being thrown upon the Joints causeth the *Gout*, being thrown upon the *Lungs* may cause a *Phthisis*, or *Consumption* ; upon the Membranes of the *Brain*, may cause a Stagnation and Extravasation of the Blood, and occasion an *Apoplexy*, &c.

Thirdly ; The often use of strong Wines, especially fasting, by which means the Blood and Juices being impregnated with the Spirits of the said Wine, these Spirits meeting with the *Volatile Alkalious Salt* of the Blood, by a mutual Conjunction or Combination of them, they are turn'd into that Substance (or somewhat like it) which *Helmont* calls his *Offa Alba* ; which coagulated Substance not being capable of moving with the
 Blood

Blood and Juices through the small Vessels, causeth Obstructions: and that the *Gout* proceeds from obstructing, corrosive Particles, I believe no one doubts. Likewise the said vinous Spirits acting upon the Nerves, do cause them to lose their Tensility, I mean when the said Liquors are drunk in too large Quantities, and often repeated; for a small quantity of Wine drank at convenient Seasons doth raise the *Spirits*, and invigorate the *Nerves*: But a Bow over-bent becomes good for nothing; and any thing else that is of a springy Nature being over-pressed, makes them lose their Springiness altogether; so the *Nerves* being over excited by large quantities of Wine, at last lose their Tone, and instead of extended Cords they become lax, and by that means are made incapable of exciting or actuating the Membranes, the sensible Parts, which are made up of nothing else but Nervous *Fibrilla*; so that gross Particles being thrown upon them, they are made incapable of freeing themselves from the said Particles, and all because they have lost their wonted Vigor. The whole *Oeconomia Animalis* is performed by Relaxation and Contraction, as will be shewn more at large in its proper Place; and when the Parts, viz. the *Nervous Fibres*, have lost their Tone, they are not able to disburden themselves of the *Excrementitious* or *Morbisick Particles* cast upon them; whereas when they are in a due State of Extension, if any Heterogeneous Particles are cast upon them, they readily throw them off; and there is nothing so much destroys the Tensility of the *Nerves* as hard Drinking: Therefore it was well said of a certain Poet,

Una Salus fanis, nullam potare Salutem.

*He that in Health would long remain,
From drinking Healths he must refrain.*

Fourthly; The immoderate use of Venereal Exercises, for that it spendeth the Spirits and decayeth Natural Heat, and so procureth a Weakness to all the Parts of the Body: Every Body experienceth, that by a few Venereal Embraces his Spirits become more languid, and his Body more weakned, than by the loss of a large quantity of Blood. It has been observed, and is what I believe generally holds true, that few or none are ever troubled with the *Gout* before Marriage, or the use of Venery; and yet the Roman Priests of all sorts both Regular and Secular, who profess Chastity and abjure Matrimony, are as frequently troubled with this Distemper as any People in the World. It is a vain thing to suppose, as some have done, that the Reason why Children have not the *Gout* as well as grown People, is, by reason that the Juices of their Bodies are not so very acrid, whenas we frequently see them as much or more subject to *scrophulous Tumours*, &c. than grown Persons are, which proceeds from nothing else but an extraordinary Acrimony of the Juices. There is nothing puts the Spirits into that violent Motion, and exagitates them so much as Venereal Exercises; and whatever violently exagitates the Spirits, must weaken the Nerves, and make them unfit to perform their Offices, which is to contract
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the Parts, and enable them to throw off what ever is noxious or hurtful to them: whereas when they have lost their Tone, they are unfit for that Office. There is a twofold Motion in Mens Bodies, *viz.* a voluntary and involuntary one; the voluntary one is when we move all or any particular Part at our own Pleasure, and there is no one that I know of denies but that all Animal Motion is performed by the Mediation of the *Nerves*. Involuntary Motion is that which is performed whether we will or not, being executed as well when we are sleeping as when we are waking; such are the Motion of the Lungs, Heart, Arteries, &c. Now one greater End of involuntary Motion is, that the Parts being contracted or squeezed together, they may throw off all noxious, excrementitious Particles by Pores prepared for that purpose, which cannot be rightly done when the Parts have lost their Springiness and Tone.

Fifthly; Over-much Sleep, especially in the Afternoon, and that immediately after Dinner. It is generally allowed and made appear by several Great Men, but more particularly by my worthy Friend Dr. *Cole*, that there is a universal Relaxation of the Nerves and Nervous Fibres during the time of Sleep, but more especially of those Parts not made use of for involuntary Motion; and the Parts made use of for involuntary Motion have not that occasion for it as the other Parts have, they wanting but a small Supply of Nutritious Particles in comparison to the other Parts. Now during the time of the Relaxation of the Parts they receive the Matter for
their

their Nutrition into them, as that excellent Per-
 son well observes; but the said Matter cannot
 be applied to them till Sleep is over, and the Parts
 come to a State of Contraction, by the means
 of which Contraction, so much as is necessary is
 applied to them, what is superfluous is taken or
 pressed into the Receptory Glands, and carried
 again into the Blood-Vessels by the Lymphæducts,
 and the Excrementitious Parts are discharged by
 the Excretory Glands. Thus it is in a State of
 Health, and that it should be so is absolutely ne-
 cessary; for while we are awake there are vast
 wastes and loss of Substance, as I have observed,
Nov. Lumen Chyr. pag. . and that this Waste
 should be supplied is not only convenient, but
 absolutely necessary, which cannot be more con-
 veniently done than whilst we are asleep; the
Nerves and *Nervous Fibres* being lax, the Parts
 are more capable of admitting the Nutritious
 Particles into them than at any other time. That
 there is a universal Relaxation of all the Parts
 during the time we sleep, is past dispute, and
 that it should be so is absolutely necessary; for
 all the Nerves and Nervous Fibres whilst we are
 awake (a State of Health being supposed) are
 kept in a full Extension, like unto a bent Bow or
 extended Fiddle-strings; which if their Exten-
 sion be over-long continued, they thereby be-
 come useless, therefore to preserve them and
 keep them fit for use, it is found necessary to
 ease them of their Tension sometimes, that there-
 by they may be serviceable upon occasion. Thus
 it is with the Nerves, they being always extended
 when we are awake, it is necessary that they
 should

should be relaxed during the time of Sleep, that
 thereby being supplied with fresh Spirits they
 may be fitted for the Morrow's Action ; but as
 Sleep moderately used affords this great Conve-
 nience, so by Peoples overmuch indulging them-
 selves to it, it proves a very great Detriment ; by
 continuing the *Nerves* and *Fibres* too long in a
 State of Laxity, they receive too great a quanti-
 ty of Humidity into them, and thereby become
 unfit for Action, not being able to throw off their
 Excrementitious Juices, nor apply the Nutritious
 ones as they ought to be, which is the reason
 that those People who sleep much, especially after
 Dinner, are generally gross and unweildy, their
Fibres being clogged, and so incapable of right-
 ly disposing of the Juices that are lodged upon or
 in them, or perform any other Animal Offices as
 they ought. It is generally seen that those Peo-
 ple who much indulge themselves in sleeping are
 full of Juices, and generally lazy ; whereas those
 who content themselves with a moderate quan-
 tity of Sleep are vegete and spritely, and fit for
 all manner of Undertaking. Altho I allow Nutri-
 tion to be performed during the time we are
 asleep, yet I believe the quite contrary as to Di-
 gestion of solid Food in the Stomach, that not
 being to be performed but when the *Fibres* of the
 Stomach are vigorous and tite, as to be able to
 squeeze out the Chyle into the small Guts as fast as
 it is made ; none of the Juices of our Bodies
 being any other way made than by Communica-
 tion and Compression, or Mixture, which Office
 the Stomach is altogether incapable of when we
 are asleep. And all People (very few excepted)
 who

who eat Suppers late at Night, find a Load of undigested Matter upon their Stomach next Morning; and as I said before, Digestion being hindered, the Chyle must be depraved, and by consequence all the other Juices: As eating late Suppers are very pernicious, of consequence sleeping after Dinner must have the same Effect, it being only from Peoples going to Bed and sleeping after Supper, which makes that hurtful; for would People lose as much Exercise, and continue as long from Sleep after Supper as Dinner, they would be both of equal Advantage; but since Man can't live without sleeping, and Night being the most proper time for it, all things being quiet and still at that time, it is necessary that People should contrive to eat their full Meals at such times when the *Stomach* is most capable of digesting them. And we generally find that those People who most indulge themselves with Sleep, especially after Meat, although they may have gross corpulent Bodies, yet they are generally subject to Diseases, and are seldom long-liv'd, which argues that Digestion is not well performed.

Sixthly, Overmuch Watching, and Fasting, and Study, and Sorrow, and Care, and much Labour, because they spend the Body, and cause a Weakness in the Parts thereof, by so doing may occasion the Gout. It is a common Maxim, that *Omne Nivium vertitur in Vitium*; so the *Nerves* and *nervous Fibres* being kept in a State of Laxity too long, by being over-charged with slimy, moist Particles, are hardly to be brought to a due State of tensity again; they being also too long kept in a State of Extension, by that means lose their
 Tone,

Tone, which is not again to be restored but with the greatest difficulty imaginable. A Bow being kept long bent, or Fiddle-strings left extended for any long time, do both of them thereby become useless: So it is with the Nerves and the Offsprings of them, the Fibres, the only Instruments of animal Motion, whether natural or voluntary, when they are kept too long extended, the Spirits being exhausted by that means, become flaccid, and so incapable of throwing off the Excrementitious *Alkalions* Particles, (all the Excrements of Man's Body being *Alkalions*) by which means Obstructions are caused, and by that means Pain either greater or less according as the Obstruction is, or the Particles more or less acrid.

Seventhly; Overmuch Rest and Ease do greatly contribute towards the producing of this Distemper, by reason that for want of due Exercise many Superfluities are retained in the Body, which by moderate Exercise would be discharged: Moderate Exercise doth put the Blood and Juices into a brisk and nimble Motion, by which means Transpiration is greatly promoted, and Transpiration being one of the greatest and most advantageous Evacuations, that being hindered or not sufficiently promoted, must be of universal Disadvantage to the whole Body.

Eighthly, Sudden Rest, and exposing the Body to the Air in cold or moist Seasons after any violent Exercise, is as great a Cause of this Distemper, and many others, as any one thing besides. All sorts of Exercise, as is before observed, do set the Blood and Juices into brisk Motion, which Motion being suddenly check'd, and Transpiration

ration hindred on a sudden, the Excrementitious Particles, which would otherwise have been carried off that way, are thrown upon some of the Parts, which by causing Obstructions, and velli-cating the Membranes, causeth pain in the highest degree.

Nimbly; The total leaving off of any accustomed Exercise, is very pernicious, for the Reasons before-mentioned.

Tenthly; From the keeping of the Feet either too hot or too cold. The *Gout* is, by way of Eminency, generally called *Podagra*, *quia Pedum usum impedit*, because it takes away the use of the Feet, the Feet being more generally affected than any other Part. Now Cold keeps the *Nerves* in a State of Contraction or Extension, and Heat relaxes them; and being either contracted or relaxed for too long a Season, for Reasons before-mentioned, they thereby lose their Springiness, and by that means are not capable of throwing off the Excrementitious *Alkaline* Particles, which all the Parts are full of; and the Nerves of the Feet being disorder'd, having lost their Tone, a greater Flux of Humours is thrown upon them than any other Part, which makes the *Gout* in the *Feet* to be more tormenting and troublesome than in any other Part. It is from that Flux of Humours to the lower Parts, that makes the healing of either Wounds or Ulcers in the Legs or Feet by much more troublesome and difficult, than in any of the superiour Parts. So it is in the *Gout*, when the *Feet* or *Ancles* are affected, a Fit is by much more difficult to be taken off, than from any other Part. So likewise when

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the Tone of that Part is any way injured, it much sooner receives morbidick Impressions than any Part besides.

Eleventhly; From the stopping of any usual Evacuation, as the Monthly Courses in Women, and a Flux of the Hemorrhoids in Men, which I have frequently known to keep their certain Periods to a Day, by means of which Obstruction the Excrementitious Matter wanting its usual Vent, is transmitted to some other Part of the Body. And according to the Nature of the Part upon which it is thrown, it exerciseth its Tyranny accordingly. If there be a Laxity in any of the Joints, it is thrown there, and so causeth the *Gout*, and so on, causing different Diseases according to the Nature of the Part upon which it is thrown.

Having something distinctly given an account of all those things which either cause the Gout at the beginning, or accelerate a Fit in those People who have already received the morbidick Impression, and also of the general Disorders that precede a Fit, I shall now proceed to my Second Head, which is,

Secondly, That the Blood and Juices during the time of the Fit abound, not with *Acid Particles*, but on the contrary with *Alkalious* ones.

I abominate Tautologies, and therefore shall not here trouble you with any Experiments made upon Gouty Peoples Blood, but shall refer you to my History of Human Blood, where you will find several Experiments ranged in such Order, and References made to the Substances obtained from the Blood of People in a State of Health, wherein

wherein you will see the great Disproportion there is between the quantity of *Alkaly* obtained from the one and the other, that it will raise your Admiration to see how we have groped in the dark for want of making Experiments. I have often found the quantity of *Alkaly* that is obtained from the Blood of People labouring under a Fit of the *Gout*, to exceed that obtainable from People in a State of Health, frequently, as six to four or thereabouts, sometimes as five and a half to four, at other times as five to four, the Quantity of *Alkaly*, in which the Blood of those People labouring under a Fit of the *Gout*, exceeds that of well People, differing according as the Fit is more or less violent.

Besides the necessary Conclusions to be made from reiterated Experiments, which as I said before you will find many ranged in their proper places; which Experiments are in themselves as clear a Demonstration of the Truth of the Hypothesis I advance, as what is given by the greatest Mathematicians to clear and make appear any of their Propositions: and indeed we have no other way of arriving at Truth than by making of Experiments. A Man ought not to draw a Conclusion from any one Experiment; but where Multitudes of Experiments do exactly agree with little or no Variation, a Man may without Presumption draw a Conclusion from them, although that Conclusion may thwart with the common received Opinions. I say, besides the necessary Conclusions to be made from reiterated Experiments, of distilling or analyzing by Fire the Blood of those People who labour under a Fit of the *Gout*, the

generating of the *chalky Substance* contained in the Nodes during that time, and those Nodes nor that *Chalky Substance* are at any other time produced but during the very time of a Fit. From this very Production alone it plainly appears that the Blood and Juices do more abound with *Alkalious Substances* than at other times; that is, the Blood and Juices of a Person labouring under a Fit of the *Gout*, do more abound with *Alkalious Particles*, than the Blood of the same or any other Person who is in a State of Health, doth. What is this *Cretaceous Body* but a Collection of *Homogene Particles*, *Particles* of one determinate Figure? I say, a Collection of *Particles* of one determinate Figure, by reason that the Fire won't totally destroy its Texture, which were it a Body composed of *Particles* of different Sizes and Figures (which are what we *Chymists* call *Heterogeneous* ones) the Fire would destroy it; and that these *Particles* are what we call *Alkaline* ones, I suppose no one will dispute, they answering all the *Phænomena* that the most known *Alkalies* will do, *viz.* cause an Ebullition or Effervescence with all the acid Spirits, such as *Spirit of Niter*, *Sea-Salt*, *Vitriol*, *Vinegar*, &c. and when calcined will turn Syrup of Violets green, and sometimes (tho not always) will do the same without Calcination. Now the Blood and Juices during the Time of a Fit being too turgid with *Alkalious Particles*, and the Emunctories by which they should be discharged being some way or other obstructed, or any way made incapable of throwing off these excrementitious *Alkalious Particles*; by that means they are thrown upon that Part which is most disposed

disposed to receive them, and by that means affect the Part with the most raging, intolerable sort of Pain; and in time there is a Coalition of the said *morbifick, excrementitious Particles* into the said cretaceous Substance; and it is very plain that the said Substance is nothing else but the morbidick Matter indurated.

That the whole Mass of Blood, and the rest of the Juices do abound with too great a Quantity of *Alkaly* during the time of the Fit, and before the Fit comes on, not only the Generation or Coalition of this *Chalky, alkalious Substance*, but the Quantity that is generated is sufficient to evince. I have known almost two Drams taken from the middle Joint of the great Toe, which was all generated in that Place, at least during the time of a Fit, which was not a very long one; and that it was generated during that time is plain, the Part not being in the least swelled before the Fits Invasion: and that this Substance or the Particles of which it is composed, are separated from the whole Mass of Fluids, is past contradiction. According to the most nice Observation I could ever make, this Substance is lodged in the *Glands* immediately adjoining to that Membrane which covers the Bones at the Place of their joining together. Now if the whole fluid Matter contained in those *Glands* were converted into that chalky Substance, the Quantity could not be so great as what is frequently found upon some of the small Joints, *viz.* upon the Fingers and Toes: Therefore it must proceed from these Parts being overmuch relaxed, by which means this great Quantity of *Alkaly* is separated from the whole Mass,

and cast upon them : that it cannot proceed from the Coagulation of the Juices in the Part only, is very plain, the Juices of the Part being heterogeneous Substances or Substances composed of Particles of differing Sizes and Figures ; and whatever Substance is composed of such different Particles can never produce so simple a Body as this chalky Substance is. Therefore this Body can be nothing else than a Coalition of simple *Alkaline Particles* separated from the Blood, and lodged upon the weakened, relaxed Part ; and from the Laxity of the Part it is that so great a Quantity of these Particles are heaped together, and so cause the Nodes. And as the Relaxation is greater or less, so the Nodes are, the Part being capable of being distended more or less, and receiving a greater or lesser Quantity of the said Particles, according to the Greatness of the Relaxation.

Tho' I argue from the Generation of these Nodes during a Fit of the *Gout*, and the Existence of them afterwards, that the Blood at that time is more turgid with *Alkalious Particles* than at other times ; yet I would not have People imagine, that I know so little of the Gout, as to say that no Part is affected with the Gout, where, during the Fit, these chalky Nodes are not generated : For should I do so, I should betray my self to the World to be altogether ignorant of the Distemper I have been so long treating on. I do allow that there are a great many People, who have long and tedious Fits of this Distemper, who have never any of these Nodes ; nay very frequently the Fits are more violent : For, *Salia non agunt nisi soluta* ; Salts don't act, at least not
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in such a Degree, unless they are dissolved; and the Salts or *Alkaline Bodies*, of which these Nodes are composed, being precipitated upon the Part in a dry Form, they do not cause so great a Vellication, as if they were dissolved in a slimy viscidus Substance: for though the Stagnation is greater, yet the Vellication is not so great, and so by Consequence the Pain not so violent; nay, when there are Nodes generated, the Fit generally terminates in that Part; but in those Fits where there is no Node generated, one Part is tyrannically handled for a considerable Time, and then the morbidick Matter is translated from that Part to another, and so some People are tormented for whole Weeks and Months together, especially if there be a general Debility and Weakness of all the Parts; tho frequently the morbidick Matter is discharged, and the Distemper goes off after it has crucified one Part only, especially for the first five or six Fits; tho afterwards it is not so civil, but after it may be one Toe or some one Joint of either Hand or Foot has been tormented for many Days together, after a small Remission, it will fetch a Skip to some other Part on the contrary Side: and after this manner are poor Mortals handled, especially those who abound with the good things of this World, which occasioned one to say, *Si Salutem cupis, aut Pauper sis oportet, aut ut Pauper vivas.* If thou desirest Health, be a poor Man, or live as a poor Man; for sweet Meat must have lowre Sauce. The antient *Romans* to prove this, invented this Fiction: They feigned two Goddesses, the one called *Voluptas* the Goddess of Pleasure,

the other called *Angeronia* the Goddess of Anguish and Pain, Names fitted to their Natures; and the *Priests* of *Angeronia* did serve at the Altar of *Volupia*, to signify, that in this Life Pleasure and Sorrow are mixed together; and the Image of *Angeronia* (Anguish and Pain) was always set upon the Altar of *Volupia* (Pleasure) to teach that Sorrow is a Companion to Pleasure, and Pleasure to Sorrow.

I have said before that Pain proceeds from a Contraction, and Pleasure from a Relaxation of the *Nerves* and *Nervous Fibrilla*: Now I confess it seems a little contradictory that I should lay it down as an almost indisputable Truth, that the Parts being relaxed should be the original Cause of this Distemper, and that they being kept in a State of Contraction should hinder the first Invasion of it, or its Returns afterwards, when at the same time I allow that the violent Pains attending People during a Fit proceed from great Contractions, and according as the Contractions are greater or less, so are the Pains, the Contraction being caused from *acrid, corrosive, alkalious Particles*; and as those Particles abound in Quantity or Quality, so are both Contractions and Pains greater or less. There is a Distinction to be made between natural and preternatural Contractions and Relaxations: the Parts being naturally and regularly contracted do enable Nature to perform all her Operations aright, and so by moderate Relaxation do create Pleasure; but any of the Parts being overmuch or overlong relaxed, by that means a Load of *excrementitious, alkalious Particles*; (and as I have many times observed, so

I still continue to assert that the Excrements of our Bodies are all *Alkalious*, such as Sweat, or what is discharged by insensible Transpiration, *Tears, Ear-Wax, Urine, Bile, &c.* But what is voided by Stool is not properly to be called the Excrement of our Bodies, that being rather the Excrement of our Food, being for the most part nothing but the gross Parts of what we eat, which are unfit for Nutrition, though frequently upon some Indispositions of the Guts, and upon taking Purges, there are great Discharges from the Blood and Juices that way : But what that Substance is, or of what Particles it is composed, my squeamish Temper would never yet give me leave to try.) The excrementitious Particles being lodged upon any Part by their being overmuch relaxed, (unless the Parts are in so great a manner relaxed as to cause the Palsy, and thereby have lost all manner of Sensation) the said Particles by vellicating and eroding the sensible *Fibrilla* put them into violent, dolorous Contractions, which Contractions continue till the vellicating Particles are some way discharged, or else by the Interposition of some terrestrious Substance their Angles are filled up, and so made incapable of vellicating the Parts, such is that *cretaceous* Body contained in the Nodes, there being (generally) no longer any Pain after the *Cretaceous Substance* is perfectly formed.

Whilst we are in these frail Bodies we are always subject to change, the greatest Pleasure bringing us to the very Brink of Pain and Misery, and is what generally succeeds it ; and by enduring Pain, we know the better how to set a Value upon

upon that which is truly and substantially pleasant.

Sleep, which is none of the least of our Pleasures, is but an *Umbra* of Death; and tho during the time of Sleep, when the Parts are relaxed, the Matter for Nutrition is cast upon them, yet not without a mixture of Excrementitious Particles, which when we awake, if the Parts are not able so to contract themselves as to throw off the Excrementitious Particles, as well as apply the Nutritious one, a Distemper must follow.

I being in company with a Stationer in Fleet-street not long since, he was complaining to me that he was seldom free from the *Gout* in his Feet; and if at any time he applied Colwort Leaves (as he frequently did) to the Bottoms of them, within a few Hours after he could scrape from each of them near a Spoonful of fine Pouder of *Chalk*, and from the Discharge of this *Alkalious Substance* he found great Relief. Pray from whence could this *Chalky, Alkalious Substance* come, or what should it be but the Matter of his Distemper? the Discharge of which was a great Relief to him. Now had his Distemper proceeded from *Acids*, the bringing away of the said *Chalky Alkalious Substance* must, instead of being serviceable to him, have been a very great Detriment and Disadvantage, by reason that it would have mortified the Matter of his Distemper: But the great Quantity of *Alkaly* discharged is a plain Argument that there was no *Acid* to mortify, but that this very *Alkaly* it self was the Matter of the Distemper, and therefore the Discharge of it proved beneficial.

A great many Instances of this nature I have met with, as I question not all other Physicians, who have been any way conversant with those people who have been subject to this Distemper, have done: And if we would give our selves the liberty of thinking, and making due Reflections, we cannot do otherwise than attribute the Cause of this Distemper to an abundance of *Alkalies* in the Blood and Juices, or at least in the Parts affected.

C H A P. II.

HAVING, I hope, given a somewhat clear Account of the Cause of this Distemper, I shall now proceed to the Cure of it; in which I doubt not to acquit my self better than my Predecessors have done, their Foundations upon which they built being sandy, and so not like to last long, being liable to be overthrown by every blast; but my Foundation being substantial and firm, I doubt not but the Superstructure will be so also, the Experiments upon which I have built my *Hypothesis* being so clear and demonstrable, that I defy the World to contradict them.

I shall, *first*, begin with the Dietetick Cure.

Secondly, Shall endeavour to demonstrate the insufficiency of the Method of Cure both heretofore and at this time in common practised by the Generality of *Physicians*, by the means of *Salutious Medicines* and *Opium*.

Thirdly,

Thirdly, Shall give an Account of the Method of Cure by the means of *Acids*, wherein I doubt not, to all unprejudiced Persons, to make it appear that this Distemper doth not deserve to be rangd amongst the Number of incurable ones: And shall conclude all with two or three very remarkable Cases.

First of all, for the Dietetick Cure, which consists in the due Regulation of the six things called *Non Naturales*, which are; First, *Air*. Secondly, *Meat and Drink*. Thirdly, *Motion and Rest*. Fourthly, *Sleep and Watchfulness*. Fifthly, *due Excretion of the Excrements, and Retention of the good and useful Juices*. Sixthly, *A due Regulation of the Passions*.

Without a due Observation and Regulation of the forementioned six things, all the Medicines the World can avail but little, tho the Advantage that accrues from the use of them, is more in preventing the return of the Distemper than in taking off the Symptoms when People have Fit upon them.

First of all *Air*, without which we can scarce live a Minute; and as *Air* in general doth contribute and is absolutely necessary for our living at all, so good *Air* doth greatly contribute to our living well and in Health. It is said by some body, that *plus Aere quam Cibo vivimus*, we live more by *Air* than Meat: and that *Air* doth assist in the Nutrition of Animal Bodies, the famous Instance of *Vipers* so well known, is sufficient to evince; for let a young *Viper* be put into a Glass-Receiver, and let the Receiver be covered

covered over with a Bladder with Holes prick'd in
 and the *Viper* will become as large and fat as
 he were in the open Fields. I have not made
 this Experiment my self, but have received it from
 persons of that Worth and Honour, who have
 done it, that I as much believe its Truth as if
 had made the Experiment. If the *Air* in which
 we live and breath hath any Communication with
 the Juices of our Bodies, (which I believe no one
 doubts) then good *Air* must of consequence
 greatly contribute towards the Preservation of
 the Texture of the Blood and Juices; and on
 the other hand, when the *Air* is contaminated
 and corrupted with Heterogeneous Particles, it
 must destroy the Texture of the Blood and Juices.
 Therefore People who are troubled with the
 cough should endeavour to live in the most serene
 and clear *Air* that possibly they can, and avoid
 that which is thick and foggy, and full of extra-
 neous Particles; for if such *Air* will contaminate
 and destroy the Texture of the Blood and Juices
 of those who are in a State of Health, which it's
 plain it will, of consequence it must in a more
 eminent manner do so to those People who have a
 Distemper already lurking in them, and their
 Blood and Juices out of order. What will con-
 tribute to the Preservation of Health, to those
 who enjoy it, will in some measure assist in the
 cure of Diseases; and on the contrary, what
 will contribute to the destroying of Health,
 will also contribute towards the bringing on of
 those Diseases which People have already lurk-
 ing in their Bodies.

Secondly,

Secondly, *Meat and Drink*. People who are troubled with this Distemper ought to be very nice and careful both as to the Quantity and Quality of what they eat and drink. If they exceed in Quantity, then they oppress Nature instead of relieving her; as to the Quality they ought to take great heed, and not eat or drink any thing that abounds with such Particles as will either exasperate a Fit when they labour under it, or bring on a Fit when they are free from it. Therefore as to Meat let it be such as is easy of Digestion, and affords a good Juice, such as *Veal, Lamb* and all sorts of Fowl, whose Flesh is white; and for the Sauce let there be always somewhat with it that is moderately *Acid*. The moderate use of all acid Fruits is very convenient, but those which are very luscious and sweet are to be avoided. All sorts of Salads in the Summer time are very good, and in the Winter the hot Salads, such as *Salary*, &c. they generally agreeing with most Peoples Stomachs, and help Digestion. As for Drink, all highly fermented Liquors abounding with Vinous Spirits are very bad, and *Brandy* and other *Cordial-Water* made of it are as much to be avoided as one would avoid a mad Dog, or any thing else that would certainly cause ones Ruin and Destruction: Therefore to those People who drink Wine they would do well to drink the smallest and thinnest they can procure, and even with that to mix a small quantity of Water; and whatever they do, let them avoid Debauches. As for those who drink Beer, let it be small and very clear and if at any time they drink that which is strong

let it be very clear and in moderate Quantities. *Moyle* and *Pippin Cyders* are admirable Liquors for those People who are troubled with the *Gout*, but they are much better out of the Hogthead than after they are long bottled. There is an old and a true Maxim, that every Man after he arrives at the Age of Thirty, is either a Fool or Physician, which Maxim is only verified in respect to Peoples regulating themselves in their Diet; it being impossible for any Physician to lay down a certain Rule of Diet for every body to follow, there being some things which very well agree with the generality of Mankind, yet to some People they are as bad as Poison: Therefore the best way is for every Man to make nice Observations himself, and use those things he finds agree well with him, and avoid those which he finds do him hurt. I have known Flummery that is very acid, taken Morning and Evening, to be of admirable use to Gouty People: As also the eating of *Cremor Tartari*, made into very fine Powder, with their Meat, instead of common salt, and is much more grateful than common salt. Also the eating of Limon and Sugar about an Hour after Dinner, is greatly helping Digestion, and destroying the Matter of this Distemper, and is what agrees with most Peoples stomachs. *Limonade*, especially in the Summer-time, is an admirable Drink for Gouty People.

Thirdly, *Motion* and *Rest*. Due Exercise and proper Seasons of Rest do as much contribute towards the Preservation of Health as any thing whatsoever. But to give any particular Directions about them no Man can, some Bodies requiring

ring a great deal more Exercise than others. But in general, I think it absolutely necessary that every one use as much Exercise Morning and Evening as their Strength will bear; but after Dinner to rest two or three Hours without sleeping, that being very pernicious at that time. The Exercise they use should be such as will make them perspire well, but not so much as to make them sweat; for in much sweating there is a great Expence of Spirits, as well as a discharge of the superfluous and noxious Juices, by which means the Body may sustain a great deal of Prejudice. There must be also great care taken not to expose the Body to the Air in a cold and moist Season after any violent Exercise, that suddenly shutting the Pores, and causing a Stagnation of the Juices.

Fourthly, *Sleep and Watchfulness.* As moderate Sleep is the most necessary thing in the World for us Mortals whilst we are in this State so the over-much indulging our selves to it brings as many Inconveniencies upon us as any thing whatsoever. The Night, as the most natural Season is appointed for us to sleep, and according to the most general Observations, People are more refreshed with one Hour's Sleep in the Night, than with three or four in the Day-time. Let People therefore who are subject to the *Gout* avoid sitting up late at Night, but go to Bed in good season and rise early in the Morning; but be sure to let their Suppers be well digested before they go to Bed: And let them avoid Afternoons Sleep as they would a Serpent, or any other thing that would certainly do them Mischief. Over-much Sleep

Sleep and over-much Watchfulness are equally pernicious, they both of them destroying the Tone and Springiness of the Nerves, and thereby hinder Nature from performing her Office, in throwing off the Excrementitious Particles.

Fifthly, A due *Excretion* of the Excrements, and *Retention* of the good and useful Juices.

If any usual Evacuation be stop'd, it must be promoted by Art. Constiveness is very pernicious, and upon such occasions the Body must be kept open by gentle Lenitives; and the very best thing in the World upon such occasions, is half an Ounce of *Cremor Tartar* in a Draught of Flummery or Water-grewel, first in the Morning. If Perspiration be stopp'd, that must be promoted by moderate Exercise &c. If there be any preternatural Discharge of any of the good and useful Juices, that must by all means be remedied. All these things may be done without Mens exposing themselves to live *medicè* and of consequence *miserè*, according to the common Accepration; there being nothing that I inculcate but what is pleasant and agreeable; but were it not so, Health cannot be purchased at too dear a Rate.

Sixthly, and lastly, A due *Regulation* of the Passions.

The Passions of the Mind have a wonderful Influence upon the Juices of the Body, and therefore People ought to be very nice in the Regulation of them. Anger, and Fear, and Melancholy ought carefully to be avoided, and Cheerfulness of Temper to be kept up as much as possi-

ble. I know one Man who is never heartily angry, but he is immediately troubled with the Collick; I know another, who after being in a Passion is troubled for two or three days with the most violent Head-ach imaginable: And I believe there is scarce any Man who is not some way or other disordered in his Body after a very great Perturbation of his Mind.

C H A P. III.

S*Eccondly*, To demonstrate the Insufficiency of the Method of Cure, both heretofore and at this time in common practised by the Generality of Physicians.

For the well-performance of which, I shall give you the whole Process of a Method taken by a great Physician, Sir J. G. since dead, with a noble Lord. He used all the Alkalious Medicines, both internally and externally, that could be thought on, which instead of taking off his Distemper, exasperated it, and by destroying the Texture of the Blood and Juices, brought him into a Dropsy, from which he was not to be retrieved. The Prescriptions are exactly copied from the Originals, which are to be seen upon the File at Mr. *Nicolson's* the Apothecary in *Covent Garden*, who is a Man of that Integrity and Honesty, that I am sure the Prescriptions were faithfully made up. And if *Alkalies* would have done any

any thing in this case, I am sure here are enough of them, and of all sorts, even the most exalted ; and amongst the rest, there was given *Sal Tartari* volatilized, or at least he called it so, which he made Mr. *Nicolson* purchase at a dear Rate.

April 8th, 1691.

R *Aq. Cerasor. Nig.*

Flor. Tulie, ana Dracm. sex

Cinamoni Hord.

Citri rotius, ana unc. sem.

Diacodii Unc. unam.

Laud. Liquid. Cydon. gut. xij. M. cap.
horâ somni.

R *Decocti Almarî (Fact. cum Sennâ, Rhabarb.*

ana Dracm. unc. sem. Salis Tart. scrup. duas,

Quinquin. Dracm. unam) unc. quatuor.

Crem. Tartari Dracm. sem. Syr. Flor. Persicor.

Aq. Cinnamon. Hord. ana unc. sem. M.
cap. horâ septimâ matutinâ superdormiat.

R *Aq. Lactis Alex. Cerasor. Nig. ana unc.*
quatuor.

Peonie Compos. Cinnam. Hord. Protheriacal-

is, ana un. unam Perlar. pr. Oculor. Can-
cri pr. ana Dracmas duas.

Alkermes Dracm. quinque.

Syr. Flor. Tunice unc. unam. M. Cap. Coch-
lear. tria vel quatuor, prout necessitas postulabit.

April 9th.

Rx *Aq. Regin. Hungar. unc. quinque.*
Tinct. Cast. S. V. extract.
Tinct. Croci S. V. extract. ana unc. tres.
Tinct. Opii S. V. extract. unc. duas semis
Camphoræ Dracm. quinque
Sacchari Saturni Dracm. quatuor.

M.

Rx *Emp. de Satone unc. tres.*
Opii soluti & inspissati Dracm. duas sem.
Camphoræ Dracm. duas
Sacchari Saturni Dracm. tres.
M. f. Emplast.

Rx *Aq. Lactis Alex. Dracm. sex*
Spir. Menthe
Peon. Comp. ana unc. semis
Diacodii unciam unam
Laud. Liq. Lond. gut. xviii.
M. cap. horâ somni.

Rx *Ol. Mac. per Exp. unc. semis*
Balsam. Lucatulli unc. unam
Balsam. de Gilead Dracm. tres
Ol. Stil. Lumb. terrest.
Still. Absynthii.
Garriophyllor. ana Dracm. unam.
M. cum qui inurgetur Regio Ventricle ad minimum
bis in die, post injunctionem applicatur isti Regioni
Empl. de Theriacâ Ventr.

Rx Con-

Rx Conchar. pr.

Oculor. Cancrī, ana gr. xlii.

Salis Absinth. scrup. semis.

Cinabar. Nativi gr. octo. Cap. mane crassino
die cum Cochlear. Julep. prius prescripti. superbibendo
Cochlear. tria ejusdem.

Repetatur pul. preced. horā septimā vespert. addendo
Laud. Opii gr. lii.

April 12th.

Rx Gummi Ammon. puriss.

Mastiches

Thuris, ana Dracm. duas.

Succini pr.

Oculor. Cancrī.

Corallii Rub. ana Dracm. unam.

Cinaberis Nativi.

Sacchari Saturni, ana Dracm. tres.

Milleped. pr. unc. semis.

Castor Dracm. unam.

Croci Dracm. tres.

Salis Volatilis succini Dracm. un. sem.

Viperar. Dracm. duas.

Camphoræ scrup. duos, cum q. s.

Ammoniāci sine Acido solut. & inspissat.

F. Pil. Sig. The altering Pills.

Rx Aq. Reg. Hung. unc. quatuor.

Tinct. Castor. S. V. ext.

Tinct. Croci S. V. ext. ana unc. duas.

Tinct. Opii S. V. ext. unc. sex.

Sp. Lumbricor. unc. sex.

Camphoræ Dracm. quinque.

Sacchari Saturni unc. semis. M.

Signetur, The Mixture for external Application.

℞ Empl. de Vigo 4^{to} Mercurio.
 De Ammon. cum cicuta, ana unc. tres.
 Camphoræ Dracm. quatuor.
 Sacchari Saturn. Dracm. quinque.
 Opii solut. sine acido & inspissat.
 Unc. semis.
 Sine ignis calore mixt. f. Magdaleon : adde,
 Castorei
 Croci, ana unc. semis.
 Sp. Lumbricor. q. s. ad Malaxationem.

April 15th.

℞ Balsam. Lucatulli unc. duas.
 Ol. Macis per Expres. Dracm. unam.
 Axung. Ursi
 Anseris, ana unc. semis.
 Bals. de Gilead. Dracm. sex.
 Ol. Succini
 Petrolei, ana unc. sem.
 Ol. Destillat. Cinnamon. Dracm. sex.
 Spir. Lumbricorum.
 Formicar. ana Dracm. tres.
 Ol. Destillati Buxi Dracm. duas.
 Garriophyllor. Dracm. duas semis.
 Camphoræ Dracm. sex.
 Ol. Laurini
 Hyperici
 Rula, ana unc. semis. M. f. Linimentum,
 pro externa applicat. part. affect.

April

April 19th.

℞ Spirit. Cochlear. unc. duas.
 Diascordii Dracm. tres.
 Aq. sperm. Ranar. unc. unam sem.
 Regin. Hungar. unc. unam.
 Laud. Lig. gut. 40. M.
 Signetur, The Wash for the Gums.

℞ Coral. pr.
 Ossis sepie subt. pul.
 Lapis spongia, ana Dracm. tres.
 Terræ Catechu.
 Sacchari Saturn. ana Dracm. duas cum Mel-
 lis Rosati, q. s. f. Opiatum. Sig. The Opiat for
 the Gums.

April 20th.

℞ Aq. Cerasor. nig. unc. unam semis.
 Lactis Alexit.
 Sp. Menthe
 Diacodii, ana unc. unam.
 Aq. Gentian. Comp. Dracm. tres.
 Oculor. Cancrī scrup. unum.
 Laud. liquid. gut. 15. M. Sig. The qui-
 eting Potion.

April 22d.

℞ *Hedere Terrest.**Parietaria**Malva, ana M. unum.**Flor. Chamomille**Meliloti**Sambuci, ana p. unum f. decoct. in q. s.**Aq. font. & coletur hujus Colatura. ℞ Uncias sex.**Vini emet. unc. duas.**Diacubol.**Mell. Mercurialis, ana unc. sex.**Ol. Laurini unc. una n. M. f. Glist. detur
quamprimum.*℞ *Diascordii Dracm. unam.**Oculor. Cancr. scrup. unum.**Salis roset. succini.**Rezar. Mineral. ana gr. xxv.**Laud. Opiani gr. tria.**Akerus scrup. unum, cum syr. Papav. Alb.
q. s. f. Opistum, detur hora somni.*

April 25th.

℞ *Decoct. Amari (fact. cum Senne Dracm.**duob. Rub. rh. Dracm. una. Salis Tart.**scrup. duob.) unc. quatuor.**Syr. Flor. Persicor. unc. unam.**Aq. Cinnamomi unc. unam.**Cosm. Tart. solub. Dracm. unam. M. f. potio,
cap. cras mane.*

April

April 30th.

R *Ext. Rudii scrup. duos.*
Sal. Tart. gr. sex. M. f. Pil. n. quinque,
cap. horâ sextâ aut septimâ mane.

R *Aq. Gentian Comp.*
Absinth. Comp. ana unc. tres.
Sp. Lavend. Comp.
Spirit. Menthe unc. duas.
Tinct. Bezoard. unc. unam.
Spirit Castor. Dracm. tres.
Conf. Alkermes unc. semis.
Syr. Flor. Tunice unc. unam.
Laud. Liquid. Dracm. tres.
M. Signetur, The Cordial.

May 29th.

R *Aq. Mirabilis unc. tres.*
Spirit. Menthe unc. quatuor. M. pro Vehiculo
laud. opiat.
Pul. E. Chelis Cancror. Dracm. semis.

May 31st.

R *Theriace Venet.*
Diascordii, ana Dracm. unam.
Alkermes Comp. scrup. unum.
Salis volat. succini.
Bezoard. Min. ana Dracm. semis.
Laud. Opiat. gr. quatuor. M. Cap. ante
Cubitum.

June

June 1st.*Repetatur Opiatum praced.*June 4th.

℞ Oculor. Cancrī gr. xvi.

Cinabaris Nativi gr. novem.

Pul. E. Chelis Comp. gr. quindecem.

Laud. Opiati gr. tria M. f. Pul. cap. ante horam somni.

Here are Alkalies and Opiats with a witness : but it is to be noted that most of these Prescriptions were several times repeated, but instead of being any way serviceable, exasperated the Symptoms, and not only fixt the Morbifick Matter upon the affected Parts, but destroyed the Texture of the Blood to such a degree, that a Dropsy followed which proved of fatal Consequence.

The Medicines here prescribed are those that are generally used by most Physicians, and if ever any Body received advantage by them, I dare be burnt : and that ever Men should have such dull Fancies, as not to vary from a Method that has never once stood them in any stead, looks very odd. And as for Alkalious Medicines in general, I dare be positive that they never yet cured any one Distemper, but very frequently have done a great deal of Mischief ; they being given in acute Distempers, Nature her self there throws off the Load, if she be strong and vigorous, in spite of them :

them: But if poor Nature be weak, then they add to the Load, and she falls under it. And the only reason why we don't see Fevers and other acute Diseases cured every day without waiting for a Crisis, is because the Medicines generally given are of the very same Nature with the morbid Matter, and so of consequence must prolong the Course of the Distemper. I have frequently observed in Epidemick Fevers, that Number for Number of the Sick, there has at least two or one died of those who have made use of Physicians, than of those whose Fortunes would not permit them so to do; and pray what should be the Reason of this, but that the Poor who took to Physick, or at least no Alkalies to expel Malignity, as they call it, but drank either Water, sour small Beer, or some such things, should recover when the rich ones die; and that the one by their Alkalies, instead of expelling increased the Malignity, when the other by their mean, but well-sited Remedies conquer'd their Distemper? In Chronical Distempers, such as the Gout, &c. these poor mortals are let alone to languish under their Oppression, and the Physician, like one of Job's Comforters, gravely tells them, *Solvere Nodum nescit Medicina Podagram*; but yet after all the fruitless attempts that have been made, will be for putting the poor Wretch into a Course of Alkalies to correct those luxuriant acid Particles, which he would fain persuade his Patient that his Blood is bound with (but yet he never found any such thing there) to the paining of his Stomach, and exasperating his Distemper: and if ever the poor
Pa-

Patient finds any relief, it is from the *Opium* that is between whiles given; and if from that he has any little intermission of his Pain, they are generally so ungrateful as not to let the saddle up on the right Horse, to give the *Opium* its due, but presently hug themselves, and cry, God a Mercy Alkalies, and so go on with a *Repetitur Plurimum E Chelis*, &c. But most Gentlemen have not seen so much of the Fallacy of this Method, that they patiently endure a Fit of the Gout, without so much as once sending for a Physician, so that if we do not look about us and endeavour to regain our Reputation, we may as well chance to be laid aside in other Distempers as well as the Gout. *Helmont* somewhere says, that that can't cure a Fever in four or six Days does not deserve the Name of a Physician, which if true, I am afraid Physicians are not to be found in every Street. And I presume to say that a Physician shews his skill more in curing one Chronical Distemper, than in a hundred Acute ones: for Nature would do the Work her self in the time we generally do without it, without our help, and frequently, as the Tide runs, better without than with. What I have said is not to reproach the Physicians of our own Nation, who are many of them as great Men as ever were of the Profession, and generally this City abounds with such; but my Design is to undeceive young Physicians, who have been imposed upon by Foreign Authors, and to excite them not to rely upon Men who have broached the Chimeras of their own Brains with

without making Experiments, to try whether their Notions were true or false. But to return to my Business.

If the Blood's abounding with *Alkalious Particles* be the primary or fundamental Cause of the *Gout*, how can the giving of *Alkalies* be of any Use? of no other Use than the throwing a Load of dried Faggots upon a House that is on Fire would be to extinguish the Flame; and whoever should attempt such a thing, would, I suppose, be accounted little less than a Mad-man. And now it is in my Mind, give me leave to insert a Relation I had from Mr. *Yardly* a Glover of *Worcester*, the most ingenious Man that perhaps ever was of his Trade; he being (which is very strange for a Man of so mechanick a mean Trade) a curious Philosopher, and a nice Observer of things: He tells me that in the making of their Leather, they first throw their Skins into a Pit filled with a strong *Alkalious Lixivium*, which makes them in a manner rotten; afterwards they make a strong acid Solution, into which they throw their almost rotten Skins, which again reduces them to their Texture, nay makes them firmer than they were at first: from whence it may naturally be inferred, that *Alkalies* break the Texture, and destroy the Parts of animal Substances; and that moderate Acids preserve them, and restore them to their Tone and Texture, when they are before spoiled by *Alkalies*. It hath been an old and received Maxim, that, *Similia Similibus gaudent, & Contraria Contrariis curantur*. If the Blood abound with *Alkalies* before, and
so

so cause a Distemper, the giving of *Alkalious* Medicines must increase the Quantity of the morbidick Matter, and so increase the Distemper by exasperating the Symptoms; unless any Body will pretend that one *Alkaly* will destroy another, which I am sure is false, there being an amicable Correspondence between them all, the fixt *Alkalies* mixing with Volatiles and all the volatile and fixt ones with one another without the least *Luſus* or Strife: so it is plain that *Alkalious* Medicines will readily mix with the *Alkaly* that they find in the Blood and Juices, and by encreasing the Quantity of the morbidick Matter, as is before said, must exasperate and increase the Distemper; whereas Acids which are contrary to *Alkalies*, there being a Conflict between them wherever they meet, being given in due Proportion, will lessen the Matter of the Distemper, and in time totally extirpate it; but this is a hard Saying and difficult to be understood, especially by those who have not a Mind to be informed.

I have in another Place* given some more Reasons for my Dissent to the Use of *Alkalies* in the Cure of this Distemper, which for Brevity sake I shall not repeat; however I think those Gentlemen who persist in the Use of *Alkalious* Medicines are very happy, *Quoniam Successus eorum Sol videt; Errores autem Tellus opperiret*: Because the Sun seeth their good Successes, but the Earth

ror

* Essay concerning Alkaly and Acid.

errors are hid in the Ground, that is, in the Grave. If Nature be so strong as to conquer the Distemper, the Physician has the Reputation of it; but if the Patient dies, he never tells any Tales: But had we the Opportunity of conversing with our departed Friends in their separate State, I am afraid they would tell us a great many dismal Stories, by what Means they were sent packing into another World.

I have made a slight Reflection upon the exorbitant Quantity of *Opium* prescribed in the forementioned Case; But I would not have People believe that I utterly disallow the Use of *Opium* and the several Preparations of it in this Case; but on the contrary hand I use it, not only in this, but in all other Distempers attended with Pain, and think it one of the greatest Blessings that ever God Almighty bestowed upon the Commonwealth of Physick: yet I cannot say that ever I once saw any one Distemper cured by the Use of *Opium* alone, but however it doth us that Service that it allays the Orgasm of the Spirits, and easeth the Pain, and by that Means we gain Time to give such Medicines as are proper to eradicate the Distemper. I shall presume to give an Instance of it in a very extraordinary Case, though somewhat different from the subject in hand. I was sent for about six Years ago to a Person in an Illiac Passion, wherein the Peristaltick Motion of the Guts was totally inverted, the Patient vomiting up
his

his Excrements, and stunk so abominably that no one could endure the Room where he lay ; I gave him two or three very sharp Clusters, to draw the Matter downwards, but he presently vomited them out at his Mouth : I gave him a Dose or two of Purging Pills, with some cordial Stomachick Julips, which he vomited up again the very Instant that he took them : At last seeing my Patient in the utmost Extremity, I gave him 10 Grains of crude *Opium* made into Pills, which he retained in his Stomach, and began to grow dasy ; after he had continued so about an Hour, I gave him the following Pills.

R. Ext. Rudii Scrup. duos.
Ol. Garrioph. Gut. decem.
M. f. Massa, ex quâ formetur Pil. N^o. sex, statim assumend.

After these Pills had been in his Stomach about an Hour and half, I gave him the following Clister.

R. Flor. Chamomil. M. duos.
Baccar. Junip. Unc. tres.
Sem. Annisi
Carrui, ana Unc. unam.
Rad. Hellebori nig. Unc. semis
Colocynthydos Dracm. duas.

*Aq. Font. ℥ duas, bulliantur ad dimidie partis
Consumpt. et coletur, Colatura adde Syr. E. Rhamno
Cathart.*

Unc. duas

Ol. Annisigut. xxx. M. f.

Enema, statim injiciend.

After the Clister had been injected about an Hour, he had a large Stool, and in two or three Hours he had five or six more; after which I supplied him with Cordials and Carminatives, and his Vomiting never returned. By this Method I have several times since retrieved many from the very Jaws of Death. Now had I not given that very large Quantity of *Opium*, my Purge and Clister would have availed nothing, by reason that he would presently have vomited them up; but the *Opium* allaying the *Orgasm* of the Spirits, the Purge and Clister were capable of performing their Office, which otherwise they would not have done; and had I not given the Purge and Clister as soon as the *Opium* had made all quiet, they would have availed nothing, and the *Opium* alone would have stood me in no stead, as I have twice seen: for as soon as its Operation had been over, the Vomiting would have returned with as great Violence as ever: So in the violent Fits of the *Gout* the giving of *Opium* makes the Patient easy, and by that Means proper Medicines have many times the better Effect; but I cannot allow the Use of *Opium*

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and

and *Alkalies* together, by reason that the *Alkalies* by the means of *Opium* are longer retained, and by that means do the greater Mischief. But of what use the applying of *Opium* externally can be, I could never understand, unless it be to fix the Morbifick Matter upon the Part affected, and so prolong the Distemper. The Learned and Ingenious Dr. *Jones* has promised us e're long a compleat History of *Opium*, and therefore I shall dwell no longer upon it.

Besides the external Application of *Opium*, there was constantly applied to the affected Parts an Emplaster of *Emp. de Sapone*, &c. which never did any Service; I have also known it made use of by forty other People without any Effect at all, unless it has been to exasperate and increase the Pain. Now Soap is a Composition made of nothing else but a fix'd Akaly and Oil. Now the Parts affected with the *Gout* being turgid with Alkalious Substances, I cannot understand with what shew of Reason People can apply *Alkalies* in such Cases. A Stationer in *Fleet-street* was telling me the other day, that if at any time when he had a Fit of the *Gout* upon him, he applied Colwort Leaves to the Bottoms of his Feet, he seldom having any other Part affected, and was rarely free from Pain in them more or less; after the Colworts had lain about twelve Hours on, they would draw through the Pores such a Quantity of fine Pouder of Chalk, that from the Bottom of each Foot he could scrape

scrape off at least half a spoonful. Now what ridiculous Nonsense must it be to apply *Alkalies* to Parts thus affected, unless one had a Design to increase the Morbifick Matter, and become Peoples Tormentors instead of their Deliverers?

But some may say, How can Topicks have any Effect at all in this or any other case? how can there be any Communication between the Matter applied and the Matter of the Distemper, when the Skin at least, if not some other Membranes, do interpose between the one and the other?

To which I answer: That the Skin abounds with Receptory as well as Excretory Pores, which I have frequently observed in the Skins of many Animals by the means of my Optick Glasses; by the means of which Receptory Pores there may be a Communication between the Medicine applied outwardly and the Matter of the Distemper, so that the one may act upon the other. To prove which, it is well known that there are many things, which being applied to the Belly will cause as violent Purgations, as if a strong Purge had been taken in at the Mouth. Also the strange and sudden Effects of Medicines applied to Parts affected with the *Gout* do demonstrate, that there is a Communication between the Medicine applied and the Matter of the Distemper, by the means of the said Receptory Pores: For I have more than once known People perfectly freed from the most intolerable Pain in half an Hour,

by the use of the Balsam hereafter mentioned.

C H A P. IV.

I Shall now proceed to my own Method of Cure, which, altho it be very easy and plain, I thank God, has very seldom failed me. And if I have been called in as soon as the first Symptoms of the Distemper appear, I have generally carried it off without suffering it to fix upon any Part. As for instance; When my Patient complains of a Crudity and Rawness of his Stomach, with a windy sort of Distension and Heaviness of his Body, which are certain Arguments of an approaching Fit; if he be of a Sanguine Complexion, and a Plethorick Habit of Body, I first of all prescribe Blood-letting, from twelve to twenty Ounces, according to the Strength of the Patient; I then order the following Tincture to be taken Night and Morning for about three days.

R^x *Spec. Hiera Picra ℥ij*
Tart. Vitriolati
Cremor Tartari, ana Dracm. unam semis
Spirit. Vini Rect. unc. sex, infundè,
clausè & calidè per horas duodecem & decant.
Tinct. Clara. Cap. Cochlear. unam primò manè &
horâ decubitus in haust. infusionis seq.

R^x *Rad.*

Rx Rad. Bardane unc. duas

Sassafras Dracm. sex.

Aq. Font. ℥ tres, infunde, clausè & calidè
per horas duodecem & coletur, colatura reservetur
ad usum.

During the three days that the Tincture
is taking, I order them to take one of the fol-
lowing Papers of Pouder half an Hour before
Dinner.

Rx Crémor. Tartari Dracm. tres

Tart. Vitriolat. Dracm. unam semis

Sacchari Rosati Unciam semis. M.

f. Pulvis in tres Chart. distribuend. cap. unam horâ
dimidiâ ante Prandium, in haustulo Aq. Lactis.

After the Expiration of the three days where-
in the Tincture is taken, I order the following
Pouders to be taken for about a Fortnight, four
times a day at due Intervals.

Rx Tart. Vitriolati Unc. semis

Cremor Tart. Unc. unam

Ol. Garriophyllor. gut. xx

Sacchari Rosati Unc. unam semis

M. f. Pul. in quatuor Chartulas distrib. ex quibus
cap. unam, horâ septimâ manè, & horâ undecimâ, horâ
quartâ post meridianâ & horâ decubitus, in haust.
infusionis sequentis.

Rx Rad. Eringii siccator. Unc. unam semis
 Lig. Sassafras Unc. semis
 Aq. Font. ℥ tres. Infundè, clausè & ca-
 lidè per horas sex & coletur, colatura reservetur
 ad usum.

In the first Draught of Beer, Ale or Wine they drink at Dinner, let them take a Sweetmeat spoonful of the *Elixir Sulphuris* hereafter mentioned.

After the Expiration of this Fortnight, if the forementioned Symptoms disappear, and the Fit be put off, which for the most part it will, I order the following Medicines to be taken for about three Weeks or a Month, first in the Morning and last at Night.

Rx Lapidis Hematitidis Unc. semis.
 Cremor Tart. Unc. unam
 Ol. Sassafras gut. quadraginti
 M. f. Pul. in octo Chartulas distrib. ex quibus
 cap. unam in Cochlear. Syr. Balsamici Tolut.
 superbibendo Uncias sex vel octo, Infusionis se-
 quentis.

Rx Rad. Eringii siccator. Unc. duas
 Sem. Bardane
 Fraxini, ana Unc. semis
 Aq. Font, ℥ tres, infundè, clausè & ca-
 lidè per horas octo & coletur, colatura reservetur
 ad usum.

If they are at any time thirsty, let them drink plentifully of *Limmonade*, with a small quantity of Wine in it. And since I have in other Places, and shall hereafter have occasion to prescribe *Limmonade*, lest there should be any one who doth not understand how to make it, I shall here insert it.

Take of clear Spring Water one Quart, then pare of the outward thin Rine of two Lemmons and put into it, afterwards squeeze in the Juice of the Lemmons, and then sweeten it with about two Ounces of fine Sugar.

This is the most grateful Liquor in the World: but if it be too cold for any ones Stomach, it may be made a little warm with half a Pint of Old Hock.

If the forementioned Symptoms appear, and the Party be of a Phlegmatick Constitution, (but very few such People are troubled with the *Gout*) I then alter my Method, and for the first Week give them the following Tincture, by the means of which I have done wonderful things in other Distempers besides that of the *Gout*.

℞ *Gum. Guaiaci Pul. Unc. duas.*
Succi Liquiritiæ Hispan. in tenuissim.
Taleolas incisæ Uncias quatuor.

Sp. Vini Rect. ℥ unam. Infunde, clausè
& calidè per duas dies, & postea decantetur Tinctu-

*ra Clara; cap. Cochlear. unum primò manè & horâ
decubitus in haust. Infus. sequentis.*

R. Rad. Ering. Unc. unam.

Sassafras Dracm. sex

Vini Rhenani vet. ℥ unam

Aq. Font. ℥ unam semis

*Infunde, clausè & calidè per horas quatuor & coletur,
colatura reservetur ad usum.*

An Hour before Dinner I give them a Paper
of the following Pouder in a Draught of Milk
Water.

R. Tart. Vitriolati Dracm. duas

Cremor Tartari Unc. unam

Ol. Garriophillor. gut. 24.

Sacchari Rosati Unciam unam

*M. f. Pul. in sex Chartulas distribuend. cap.
unam, horâ unâ ante Prandium in haustulo Aq.
Lactis.*

For about a Fortnight longer I put them
into a course of *Lapis Hematitis*, &c. as fol-
lows.

R. Lapidis Hematitis Unc. semis

Cremor. Tartari Unc. unam

Ol. Sassafras gut. quadraginti

M.

M. f. Pulvis in octo Chartulas distribuend. ex quibus cap. unam primò manè & horâ decubitus in Cochlear. Syrupi Balsam. superbibendo circiter Uncias sex Infusionis sequentis.

℞ *Rad. Eringii siccator. Unc. duas*
Sem. Bardane

Fraxini, ana Unc. semis

Vini Rhenani vet. ℥ unam

Aq. Font. ℥ unam semis

Infunde clausè & calidè per horas sex & coletur, colatura reservetur ad usum.

During the time they are taking these things, it will be convenient that in the first Draught of Beer, Ale, Wine, or Wine and Water, they drink at or just before Dinner, they take a Sweet-meat spoonful of *Elixir Sulphuris*.

If they are at any time very thirsty, they may drink *Limmonade*, and if what they eat don't digest well with them, they would do well about an Hour after Dinner to eat the Pulp of a Lemmon cut into Slices, with some double-refined Sugar, it greatly helping Digestion, and strengthening the Stomach.

I have prescribed *Lapis Hematitis*, which I have found in many Cases to be a noble Medicine, and more especially in this I am treating upon; and since I have mentioned it, I shall

shall presume to transcribe what *Polemanus* in his Treatise, *De Sulphure Philosophorum*, says of it, the reading of which first induced me to try what the said Medicine would do.

Polemanus thus begins. *Paracelsus* teaching us in what Subjects the *Primum Ens*, or first Matter of Gold is to be found, which is the true Sulphur of the Philosophers, amongst other Subjects he mentions *Lapis Hamatitis*, in which he says it is principally and very plentiful, it being impregnated with the *Primum Ens*, or first Matter of Gold, in all its Parts; from whence being reduced into impalpable Pouder, it performs wonderful things in Physick. To confirm the Truth of which, he says there was a poor *Scotch-Man* in the City of *Hamburgh*, who performed such wonderful Cures, that the whole City were astonish'd at it; at last by the Envy of some wicked Men, the poor Man was poisoned, and his Loss was so generally lamented, that the Magistrates offered a very great Sum of Money to any one who would discover the Murderer. This *Scotch-Man* (says *Polemanus*) used no other Remedy than *Lapis Hamatitis* made into fine Pouder, and mix'd with Oil of Fennel Seeds, as he was informed by the Prince of *Anbalt*, to whom the *Scotch-Man* had discovered this Secret.

He afterwards goes on; The Virtues of this *Hamatitis* are so esteemed of by the common People of many Provinces, that they make use of it as a *Panacea* in all Diseases. I went to

a certain Fair from my Father-in-law's House at *Regiomontanum*, taking along with me a Country Servant ; and going into a Merchant's Shop where they sold Whetstones, Fire-stones and *Hematites*, my Servant humbly beseeched me that I would give him one of those Red Stones (the Name of which he knew not, meaning the *Hematitis*) for his Fairing, I ask'd him what use he would put it to? Sir, says he, if you did but know the Value of this Stone, you would highly esteem it; for it is the only Medicine we use in all our Distempers, being made into Pouder and mix'd with a little Vinegar. Being returned home to my Father-in-law's, I enquired into the Truth of this Matter, and my Father-in-law assured me, that not only the Poor of the Place where he lived, but for many Miles distance, they made use of *Hematites* in all their Diseases.

The Signature of *Hematitis* doth indicate its Golden Virtues, not as to its external Appearance, but after it hath been dissolved. If you make an *Aqua Regis*, by distilling Spirit of Niter from Sea-Salt (the common *Aqua Regis* made of *Aqua Fortis* and *Sal Armoniack* will dissolve little or nothing of it) and dissolve in it some *Hematitis* made into fine Pouder, and in the same *Aqua Regis* you dissolve some pure Gold; if you compare the two Solutions together, you will find little or no Difference, only the Solution of the *Hematitis* in its sparkling Gold-Colour seems to out-do the other. Do not admire,

mire, Friendly Reader, that with *Paracelsus*, I allow the *Primum Ens*, or first Matter of Gold to be contained in other Subjects, besides that of Gold it self. And that they do contain the said *Primum Ens*, or Sulphur of the Philosophers, their manifold Virtues witness. Thus far *Polemanus*, the Expofitor of *Helmont*.

I have hitherto but juſt entred into the Porch, propoſing a Method to ſtave off this cruel Tyrant upon the firſt notice of his appearance; and *Principiis Obſta*, is what every prudent Man ought to obſerve: it's eaſier to keep an Enemy out of a City, than to drive him out again after he has taken poſſeſſion.

I have rarely known violent Purgers do any Service (but frequently a great deal of Miſchief) either in the firſt Approaches of this Diſtemper, or after the Morbiſick Matter has been fix'd upon any Part. But gentle Lenitives and proper Alteratives are things that will do us Service. What I have preſcribed has generally that effect, gently throwing off all the Excrementitious Particles by the proper Emunctories, and altering the ill habit of the Blood and Juices, and confirming the Tone and Texture of the Parts.

I ſhall now proceed to the Cure of the Diſtemper it ſelf, the taming of this fierce and angry Lion, the expelling of the raging Tyrant, the cutting off this *Hydra's* Heads.

The Indications of Cure during the time of a Fit are twofold.

Firſt;

First ; The easing and taking off the most intolerable Pain.

Secondly ; The correcting and carrying off of the Morbifick Matter.

Both which things, the following Method will very rarely fail to effect.

When I come to a Patient who has a Fit of the Gout upon him, let it be a regular or an irregular Gout it matters not, the Indications of Cure, and the Matter causing the Distemper being the same ; yet respect must be had to the Age and Constitution of the Patient and his former way of living ; and according as these things vary, so in some respects must the Prescriptions be vary'd. But my Design being to give a general account of the cure of the Gout, I leave those little Variations that are to be made to the Judgment and Discretion of every Physician.

I first of all, if there are Indications that require it, as generally there are, prescribe Blood-letting from twelve to twenty Ounces, more or less as occasion requires. I afterwards order the following Medicines, to be taken once in four hours.

Cremor.

℞ *Cremor. Tartari unciam unam*
Tartari Vitriolati dracm. duas
Ol. Garriophyllor. gut. viginti. M. f. Pulvis
in quatuor Chartulas distrib. ex quibus cap. unam
quartâ quâque horâ in Cochlear. syrup. Bals. Tolu-
tani, superbibendo uncias quatuor Infusionis se-
quentis.

℞ *Rad. Eringii sicc. unc. duas*
Lig. Sassafras dracm. sex
Aq. Font. lib. tres
Infundè, clausè & calidè per horas sex & coletur,
colaturæ libris duabus, adde Elix. Sulphuris Dracmas
tres. M.

Let them drink for their constant Drink the following Julip.

℞ *Vini Rhenani Veteris*
Aq. Fontan. ana lib. unam semis
Elix. Sulphuris unc. semis
Sacchari Albissimi unc. unam semis. M. f.
Julap. cap. pro potu ordinario.

For change sake, by reason that People are subject to be tired with the constant use of any one thing, instead of the former Julip, for their constant Drink they may drink either Limmonade, or Barley-water acidulated with Oil of Sulphur, and sweetned with double refined Sugar.

To take off the Pain, I apply the following *Balsam* to the Part affected twice a day, to wit Morning and Evening till the Pain abates or goes off: I order it to be used in the following manner. Let some of it be applied to the Part affected, and with a warm Hand be rubbed in for a Quarter of an Hour; then apply a Piece of soft brown Paper, and upon that Flannel Cloths three or four double: After the using of this two or three times, there will little Heats and Blisters arise upon the Part, from which for the most part are discharged a very great Quantity of acrid *Serum*. The Virtues of this *Balsam* are so very great, especially in this Case, that it deserves to be written in Letters of Gold, and yet the Preparation of it is most simple and easy, as all good Medicines are.

R *Olei Olivarum* Uncias ~~duas~~ octo
Olei Vitrioli optimè rectificati
 Uncias duas optimè misceantur

in Vase vitreo, Collo aperto, et statim fiat *Balsamum* rubicundissimum.

If the *Oleum Vitrioli* be not exactly well rectified and very strong, they will not mix; but if it be so, they will immediately be converted into a *Balsam* as thick as *Treacle*, and after it hath stood a Month or six Weeks, it will become of the Consistence of *Lucatully's Balsam* with a greyish Coat on the Top. I have already communicated this to many People, and have received Thanks for it from several Parts of *England*.

Besides

Besides the forementioned *Balsam*, the following *Lixivium* is an admirable thing, I have known it do Wonders sometimes; but I am afraid, it is not so much to be relied on as the *Balsam* is, though by the Use of it alone I have known *Gouts* of half a Years standing, cured.

R *Urine Vacca Libras quatuor, bulliatur parum, tunc adde Salis Marini Libras tres, et iterum bulliantur donec Sal dissolvitur, cum hoc Lixivio optimè foveantur Partes affectæ, relinquendo in Partes Pannum Laneum calidum ter duplicatum, in Lixivio madefactum et Liquore cum Manibus fortiter expresso.*

Let this be repeated Morning and Evening till the Pain is abated and gone.

Neither of these things will relax the Tones of the Parts, nor repel the *Morbifick Matter*, but will mortify and correct the one, and confirm the ~~Tone~~ and ~~Texture~~ of the other.

Till the Violence of the Pain is somewhat abated, I every Night give an *Opiat*, either in a liquid or solid Form. As for instance.

R *Aq. Lactis Alex. Unc. duas.*
Mirabilis Dracm. tres
Syr. Papaveris Rhead. Unc. semis
Laud. liquidi gut. xx, xxx vel 40
Ol. Sulphuris per Campan. gut. aliquot ad acidum Saporem. f. haust.
Horâ Somni assumend. vel,

R *Theriaca*

Rx. *Theriacæ Androm.* ʒij. *Tart. Vitriolati* Dracm. semis, *Laudani Opiati* Gr. duo, m. f. bolus hora somni assumend. Vel,

Rx. *Diacodij* Unc. Unam, Unc. Unam semis vel Unc. Duas *Olei Sulphuris per Campan.* q. s. ad Moderatam aciditatem, cap. hora decubitus.

The Dose of *Opiats* may be greater or less, according as people have been accustomed to take them; for the more more people have been used to take *Opiats*, the larger quantity they require.

I use *Opiats* upon no other score, than to gain time, to stupify and blunt the Senses, till other Medicines can take place. Though very frequently; nay for the most part, I have no occasion to use them at all.

During this time I forbid the use of *Milk*, and all *Milk Meats*, they being very pernicious; but once a day allow a moderate Meal of any Meat of very easy digestion, if their Stomachs crave it; otherwise order them to eat sometimes *Watergrewel*, or *Barlygrewel*, and sometimes *Chicken* or *Veal Broth*; and in every Porringer of either of the said things, instead of common Salt, to put about a quarter of an Ounce of *Gremor Tartar*.

When the violence of the *Distemper* is in some measure abated, which in some people it will be in a short time, in others it will be longer, according as Nature is more or less debilitated, and the Matter of the *Distemper* is

more or less: I say, when the violence of the *Distemper* is abated, then the foregoing Method must be altered, and the following Medicines used.

℞. *Lapis Hæmatitis* Unc. semis, *Cremoris Tartari* Unc. Unam, Ol. *Sassafras* gut. 40. m. f. Pul. in quatuor Chartulas distribuend. cap. unam primò manè & horâ decubitus, in Cochlear. Syrup. Balsam. superbibendo haust. Infusionis sequentis.

℞. *Rad. Bardanæ* siccata. Unc. quatuor, *Baccar. Juniperi* Unc. Tres, sem. *Bardanæ*, *Fraxini* ana Dram. Tres, Lig. *Sassafras* Unc. sem. Aq. Font. Bullientis lib. quinque, Infunde clausè & calidè per horas sex & Coletur. Colaturæ sing. libris duabus. Adde Elix. Sulphuris Dracm. Duas. M.

These things will cause gentle and easy Evacuations, correct the *Luxuriant Alcalious Particles*, and confirm the Tone of the Parts.

Instead of the foregoing Medicines, I sometimes give these which follow.

℞. *Cinabaris* Fact. Com. optimè levigat. Unc. semis, Gum. *Guaiaci* Dracm. tres, Cons. *Cynobati* Unc. Unam semis, Syr. *Sambuci* q. s. f. Elect. cap. quant. *Nucis Moscatae* primò manè & horâ decubitus, superbibendo Uncias sex vel Octo Infusionis sequentis.

℞. *Rad. Bardanæ* siccata. Unc. quatuor, *Baccar. Juniperi* Unc. Tres, Sem. *Bardanæ*. *Fraxini* ana

ana Unc. semis. Lig. Sassafras Dracm. sex. Aq. Font. Bul. libras quinque Infunde clausè & calidè per horas sex & coletur, colaturæ libris duabus adde Sp. Ligni Guaiaci optimè rectificati Unc. semis. M.

These Medicines as well as the former, will cause plentiful and easy Evacuations, without weakning the Patient, or pauling the Appetite; and although they work very briskly, as sometimes they will, at the very same time the Patient will gather strength. Now according to the best of my Observations, all that is required in the Cure of a *Chronical Distemper*, is to cause plentiful Evacuations, without weaknink the Patient; which intention the foresaid Medicines will seldom or never fail to answer; and I do not question, but whoever shall think fit to try them, will find that I say no more than truth.

If the Medicines given at the first beginning of a *Fit* do at any time make people go to stool too often, I then order them to drink freely of an *Infusion of Oak Bark*, which greatly confirms the Tone of Animal Substances.

R. Cort. Querci Siccæ & Contus. Unc. quatuor. Aq. Font. Tep. libras tres, Infunde per Noctem & coletur.

Upon the going off of this *Distemper*, in people of a *Cachectick habit of Body*, a Course of *Calibiats* is very proper, and rarely fails doing good service; but before we begin with *Calibiats*

biats the Pains must be quite off. The *Calibiat Course* I generally prescribe, is as follows. But in all general Courses respect must be had to particular Constitutions; and according as Constitutions vary, so must our Prescriptions do; but since it is impossible to adapt every thing to the many various Constitutions of men, that must be left to the Judgment and Experience of the *Physician* who is upon the spot. But generally speaking the following Course doth very well agree with most people.

Rx. Calibis cum Tart. præp. Unc. Semis. Castorei de Russiâ, salis succini ana, Scrup. duos, nucis Moscatæ, Cardamomi ana Dracm. Unam, Conser. Salviæ Unc. Duas, Syrup. Garrioph. q. s. f. Elect. cap. quant. Nucis Moscatæ, primo manè & horâ quartâ pomeridianâ, superbibendo haust. Infusionis sequentis.

Rx. Cardamomi, Cubæbarum ana, Dracm. duas, Cort. Extern. Aurantior. Drac. Tres, Gentianæ Dracm. Unam, Flor. Centaurij Pug. duos, Vini Rhenani Veteris libras tres, Infunde clausè & calidè per horas sex & coletur, Colatura reservetur ad usum.

These Medicines must be taken for at least a Month, or longer, as there may be occasion; but, as is before observed, must not be taken till the Pains are quite off.

Instead of the foregoing *Steel Course*, especially to Women, I give that which follows, which opens their Obstructions, and reduces their Bodies to a good habit.

Rx. Ca-

Rx. Calibis Nr. Cum Sale Armoniaco præp. Unc. semis, Myrrhæ Elct. Dracmas Tres, Ol. Nucis Moscatæ gut. XX. Extract. Gentianæ q. s. f. Massa ex quâ formetur Pil. Magnitudinis Pisæ Minoris, Cap. Nu. quatuor, primo manè & horâ quartâ Pomeridianâ superbibendo haust. Infusionis sequentis.

Rx. Fol. Persicariæ siccæ. M. Duos, Flor. Centauriæ P. Duos, Cort. Extern. Aurant. Dracmas Duas, Rad. Gentianæ Dracm. Duas, Aq. Font. Bublientis libras quatuor, Infunde clausè & calidè per horas quatuor & coletur, Colatura reservetur ad usum.

In some Bodies I find the *Tincture of Antimony*, mentioned in my *Essay of Alkaly and Acid*, given first in the Morning, and last at Night, in a Draught of *Infusion of Juniper Berries*, made either in Wine or Water, as there is occasion, to be of very good use.

During the time that People are in either of the forementioned *Steel Courses*, or that they take the *Tincture of Antimony*, it will be convenient that they take a small Sweet-meat Spoonful of the *Elixir Sulphuris* in the first Draught, either at, or just before Dinner. And that they use such moderate Exercise as will warm them, but not make them sweat. But of all Exercises, riding on Horseback is the very best, it putting the whole Body into motion without spending the Spirits.

To some people especially, if they are subject to *Coughs*, I prescribe for at least a Month, a Spoonful of the forementioned *Tincture*, made with *Gum Guaiaci* and *Spanish Juice of Liquorish*; to be taken first in the Morning, and last at Night, in a Draught of the following *Infusion*, after the Distemper is perfectly gone off.

Rx. Rad. Eringij Siccata. Unc. Duas, Enulæ Campan. Unc. Unam, Bals. de Tolu Dracm. Duas, Vini Albi lib. Tres. Infunde clausè & calidè per horas sex & Coletur, Colatura reservetur ad usum.

The Cure of Diseases depends upon Observation; and every *Physician* who expects success in his Practice, must nicely consider his Patient's Constitution, and give those Medicines that are most suitable to it. That Medicine that will cure the same Disease in one Constitution, will not do it in another. Upon which score I have been obliged to vary my Prescriptions; not but that the general Basis of them all is the same, they being all *Acids*, but of different kinds, suited to the different *Palats* and *Stomachs* of my Patients; and there is not any one Part has a nicer sensation than the *Stomach*, as every Day's Observation makes appear. The Doses of the Medicines prescribed must be either lessened or augmented as there is occasion.

All people are not to expect a Cure in the same time; I have known several times, that once application of the *Balsam*, without any
Internal

Internal Medicine at all, has perfectly taken off a *Violent Fit*. When at other times, *Fits* that have not appeared to be near so violent, have been a Fortnight or Three Weeks before the Pain has been quite gone, when there has been a constant and regular use, both of *External* and *Internal Medicines*. But although the *External Medicines* will, without repelling, sometimes take off a Fit, without the use of any *Internal* ones at all, yet I dare not advise any one to rely upon it, but at the same time to use *Internal Medicines* to strike at the Root of the Distemper; and after the Pain is quite gone, to prosecute the foregoing Directions.

This is all I think convenient to say upon this Subject at this time; and from what I have said, I am apt to believe I have given as clear hints, nay much clearer than ever were yet given, concerning the Cure of this troublesome Distemper, which has hitherto been so vainly attempted.

The Medicines I have prescribed are but very few, and many of them very well known; but I am almost positive were never before prescribed in the manner that I have done. There is nothing that will in the least put any force upon Nature, and therefore there is no one that need be afraid of trying the Efficacy of my New Method. Had I prescribed much and violent Purgings, Vomits, Blood-letting, and such Courses, wherein there was any great hazard and danger, then people would have all the reason in the World to be cautious

and fearful : But since there is no such thing, there not being any one Medicine that has not a tendency to confirm and strengthen the Tone of the Stomach, and of all the Parts of the Body, to create an Appetite, and to excite Nature to throw off any load of Excrementitious Matter that may chance to be lodged upon any Part.

C H A P. V.

FOR a farther clearing of the Truth of my *Hypothesis*, I shall insert Two or Three Cases, and with them shall conclude this *Treatise*, which is already swell'd to too great a Bulk.

Case the First.

A Person who for Fourteen or Fifteen Years had been most miserably afflicted with the *Stone in the Kidneys*, and a general ill *Habit of Body*, was on the *Fourth of July* last, seiz'd with the *Gout* in the *Wrist* of his *Right hand*, presently afterwards in the *Instep* of his *Left Foot*, then in the *Instep* and *Toes* of his *Right foot*; when he sent for me, being the *Sixth*, he was in the most intolerable Pain and Misery that it was possible for a Poor Creature to be in, and support himself under it. I ordered him to drink *Limmonade* for his constant Drink, and to take the following Powders once in Four hours in a draught of *Watergrewel*.

Rx. *Tart. Vitriolati* Dracm. Tres, *Cremor. Tartari* Unciam Unam, *Sacchari Alb.* Unciam Unam.
m. f. Pul. in quatuor Chartulas distrib.

And to apply the *Balsam* before mentioned, to each affected Part Night and Morning, rubbing

bing it in with a warm Hand, then to apply a piece of thick White Paper, and upon that Flannel Cloths two or three double. The *Seventh* it lodged it self in the *Right Knee*, and in both his *Hips*; his Pains were most intolerable, and he so fixt to his *Bed*, that he could not stir or move *Hand* or *Foot*, or suffer the Cloaths to touch him; and at the same time had a *Violent Fever*, which seized him at the beginning of his Illness; which *Fever* was greatly increased by the violence of his Pain, his Tongue being extremely black and rough. I ordered the *Balsam* to be applied again to all the affected Parts, and likewise ordered him to take a small Sweet-meat Spoonful of the following *Elixir* (which is the *Elixir Sulphuris* so often mentioned before) in a Glass of White-wine when ever he was fainty, or complained of a sickness in his Stomach.

Elixir Sulphuris.

℞ *Olei Sulphuris per Campanam* Unc. Duas, *Spir. Vini opt.* Rect. libram unam, *Sachari Cand. Alb.* Unc. Duas, *Garriophyllorum Maceris ana* Dracmas Sex. M. & digerantur in *Matraccio optime clauso*, in *leni Calore Arenæ* per *Dies Decem*, tunc decantetur *Tinctura Clara*, quæ reservetur ad *Usum*, in *Phiola optime clausa*.

By the way, this is as noble a Medicine in most feverish Distempers, and as good a Stomachick as most in the World. I have several times done wonders with it alone.

The

The *Eighth* he continued in the same state, but his Pains somewhat abated, so I ordered the Repetition of his former Medicines.

The *Ninth* he was seized with a violent Looseness, but his Pains much abated; I repeated his former Medicines, only I added to each Dose of Powder four Drops of Oyl of Cloves, and instead of *Water-Grewel*, to take it in a Spoonful of *Balsamick Syrup*, and drink after each Paper a draught of the following Infusion.

℞ *Rad. Eringii Siccata. Unc. Duas, Lig. Sassafras Drac. Sex, Aq. Font. libras tres, Infunde clausē & calide per horas tres & Coletur, Colatura libris duabus adde Elix. Sulphuris Dracmas Duas, Syrup. Balsam. Unc. Duas M.*

The *Tenth* his Pains had almost left him, and his Fever gone, but his Looseness continued, which I did not see any Cause to give a check to at that time, so I repeated his Medicines as before.

The *Eleventh*, his Pains were quite gone out of his Joints, but he had a very great deal of Pain in the bottom of his Back, and his Looseness continued. I then ordered him to leave off using the Balsam, I not thinking fit to have it applied to his Back, (though I have often times applied it to that part with good success) supposing that the Pain he had there might proceed from his Looseness; but I ordered the repeating of the other Medicines.

The *Twelfth* his Looseness continued, but no returns of his Pains; and his Appetite, which before

before was lost, came to him: I ordered him to continue the use of his Powders, and to take the Elixir as oft as he was fainty; and by reason of his Loosness he was somewhat fainty, but I durst not put a sudden stop to it, for fear of the return of his Pains, but to check it by degrees. I ordered him to take the following Mixture last at Night, and to drink a Draught of the Infusion two or three times a Day.

℞ *Diascordii Dram. Duas, Elix. Sulphuris Dracma. Semis Vini Albi Uncias Tres, M. f. Mixturam hora Somni assumend.*

℞ *Rad. Eringii Siccata. Unc. Duas, Cort. Quercus Siccata. Unc. Duas, Aq. Font. libras Tres. Infunde calide per horas sex & coletur, Colaturam reservetur ad usum.*

The *Thirteenth, Fourteenth, Fifteenth, Sixteenth, and Seventeenth*, he continued to take the Powders and Elixir; the Mixture at Night, and the Restricting Infusion; his Loosness gradually went off, and as that abated, so did the Pains in his Back: He eat with a good Appetite, and gathered Strength; his constant Drink all this time when he was Thirsty, was either Lemonade, or Barly water acidulated with Oyl of Sulphur.

The *Nineteenth*, instead of his former Powders, I gave him the following ones with the Infusion; I ordered the leaving off all other Medicines, except the *Elixir Sulphuris* before Dinner, or if at any time he was fainty.

℞ *Lapis*

℞ *Lapidis Hæmatitis* Unc. Semis, *Cremor. Tart.*
Unc. Unam, *Ol. Sassafras* gut. 40. *M. f. Pul.*
in quatuor Chartulas distrib. cap. Unam primo
Manè & horâ septimâ Vesperî, in Cochlear. Syrup.
Balsam. superbibendo haust. Infusionis Sequentis.

℞ *Rad. Bardanæ Sic.* Unc. quatuor, *Baccar. Juniperi* Unc. Tres, *Sem. Bardanæ. Fraxini ana*
Dracm. Tres. Lig. Sassafras Drac. Sex, Aq.
Font. Bul. libras quinque, Infunde clausæ & cali-
de per horas Sex, & coletur, Colaturæ sing. libris
Duabus, adde Syrup. Balsam. Unc. Duas, Elix.
Sulphuris Drac. Duas M.

These things he continued to take for a Month,
 with the desired success.

This was the most dreadful Fit of the Gout
 I ever saw, and was taken off in as little time;
 and had not the Medicines well-suited with
 the Distemper, to have abated the violence of
 the raging Pain, I believe he had certainly
 never got over it.

Case the Second.

About the beginning of *January* last, I was
 sent for to a Gentlewoman, who of a Twelve
 Month had scarce been free from the Gout in
 some Part or other; and at certain times had
 very great Effusions of Blood from her Nose,
 which were not to be stopped but with the
 greatest difficulty. She being somewhat free
 from Pain (though very Lame) at the time
 when

when I came to her, I ordered her to take the following Medicines, first in the Morning and last at Night, to prevent the return of her Pain; and if at any time she was sensible of the least Pain in any part, immediately to apply the Balsam, according to the former Directions.

Rx Tart. Vitriolati Unc. Semis. Cremoni Tart. Unc. Unam, Sacchari Alb. Dram. Sex, M. f. Pul. in Octo Chartulas distribuend. ex quibus cap. No. 1. primo mane & hora decubitus in haust. Infusionis sequentis.

Rx Ligni Sassafras Unc. Unam. Aq. Font. Bullientis libras duas. Infunde clausè & calide per horam unam vel alteram & coletur, Colatura reservatur ad usum.

She has continued to take these things almost ever since, and has never had one Fit of her Distemper, nor a return of her Bleeding; she has two or three times had a little Pain, which has been presently taken off by the use of the Balsam.

I could give a great many instances of this Nature, wherein by the same Method I have staved off Fits from invading Persons at the times they were wont to do. As also of the taking off of the most violent Pains, when People have had a Fit upon them in a very short time. But in so doing, I should swell this Piece to too great a Bulk, when it is already larger by much than I at first designed

it; therefore I shall conclude all with this Premonition.

That Person may be said to cure any Distemper, the greatest number of whose Patients recover: The failure in some few Cases is no argument of want of Skill; every Body knows that the *Cortex Peruvianus*, given at due Seasons, and in proper Quantities, will cure Agues; yet there are some few Agues that will elude the efficacy of the *Cortex*, though given with never so much caution and circumspection: Yet for all that, the *Cortex* will still be accounted (as there is all the reason in the World it should) the greatest, and the certainest *Specifick* that ever was publickly known in the Cure of Agues, by reason that there are but very few Agues, but what are to be cured by it. There are some People, who upon the taking of *Opium*, are certain to lye awake the whole Night following. Yet its failing to make some few People sleep, will no way hinder it, but that Physicians will prescribe *Opium*, or some Preparation of it, to their Patients when they want rest, by reason there are but very few People to whom it is given, that it will fail of making sleep, when they stand in need of it, although pressed and tormented with the greatest Pain. The Method I have laid down for the Cure of the Gout may fail in some few Persons, especially if not rightly and exactly followed; but for my own part I have not known it fail above two or three times; and those failures, I have great reason to believe, were rather to be imputed to the Irregularity and Perverseness of the Patients, than

than the Insufficiency of the Medicines. Well, but suppose they should fail in some few People, must they therefore be laid aside? By the same reason the *Cortex* should be laid aside in Agues, and *Opium* for the making People sleep, because they sometimes fail of answering the end for which they were given. I don't question, with due caution and circumspection, that the Method I have laid down will as certainly cure the Gout, as the *Cortex* an Ague, or *Opium* make People sleep, which by reason they so rarely fail to answer those Intentions, they will always be depended on.

I was going to put a *Finis* to all, but cannot do it before I have taken notice of the great Misfortunes that I labour under. I have made it the business of my Life rightly to understand the nature of the Juices of Humane Bodies, both in their Natural and Morbid State, and by that means have been capable of doing something more than other People. Certainty has been what I have aimed at, and it will appear to every unprejudiced Person by what I have said in the Introduction to this Piece, that the foundation upon which I have built my Practice, is solid and substantial. But my Misfortune has hitherto been, That if any Patient of mine has chanced to die, or any one has not been cured of a Chronical Distemper, by almost merely looking upon them, immediately an Outcry has been made, That I know nothing, or that I have killed my Patient. Nay, it's come to that pass now, that if I do but chance to look upon a Patient,

Patient, though I prescribe nothing for them,
 if they dye, though they were expiring before
 I saw them, presently there's an outcry made
 that I have killed them. I expect the same
 Treatment in this Case. If any one that shall
 try my Methods in the Cure of the Gout, and
 they are not presently freed from their Pains
 (as if Chronical Distempers were to be cured
 with a Charm, by mere looking on them) that
 it will immediatly be spread abroad, that I am
 in the wrong, although I have given such plain
 Demonstration, that the Foundation upon which
 I build my Practice, is right; and that one in-
 stance of my Method's failing, though there
 have been never so many Irregularities com-
 mitted, shall do me more mischief, than a hun-
 dred substantial Cures will do me good. This
 sort of Treatment I have been so long used to,
 that I have great reason to fear the same again
 hereafter. But let my Treatment be what it
 will, I will never leave off to prosecute the
 Cause of Truth, and to do good in my Gene-
 ration to the utmost of my Power.

H

S O M E

S O M E
Medicinal Observations

Concerning the
 Cure of Fevers, &c.
 By the Means of ACIDS.

Observation the First.

MAT the Fourth, 96. I was sent for to a Gentlewoman of great worth; who for some Months had been subject to a *Hedtick Fever*, with a continual Faintness, and a depression of her Spirits. About the Twenty fourth of April, she was taken with a Violent *inflammatory Fever*, which had some small remissions; she was treated, by another Physician, with *Cortex Peruvianus* and *Bezoardicks* in extravagant quantities, and brought just to Death's door by them. She had frequently very violent *Convulsions*; and when they went off, a continual

nual languor, fainty and weak to the last extremity, even so weak, that she could not turn her self in her Bed; and although she had every Night taken *Diacodium* largely, she had not slept of Eight or Ten Days and Nights, not so much as one hour, her Spirits were put into such a hurry and confusion Her *Physician* had given her over for dead, and I was brought in only to look upon her, and see her expire. But seeing her Relations all in Tears, bewailing the great loss they were like to have, I told them there were still some sparks of hopes, and that plentiful quantities of *Acids* might go near to retrieve her; upon which they immediatly begged me to try what might be done; so I prescribed her the following Medicines.

℞ *Tart. Vitriolati* Dracm. Tres.

Crem. Tart. Unciam semis.

Salis Succini Dracm. semis.

Rad. Pconix Dracm. Unam.

Castorei Dracm. semis.

Sachari Alb. Dracm. Sex.

M. f. Pul. in sex Chartulas Distrib. ex quibus cap. unam tertiâ quâque horâ in Cochlear. Julap. sequentis superbibendo haust. ejusdem.

℞ *Aq. Pulegij.*

Rutæ ana Uncias sex.

Gaf. Sulphuris Unc. quatuor.

Aq. Hyster. Unc. quatuor.

Castor. in Nod. Inclus. Scrup. duo.

M. f. Julap.

℞ *Sp. Lavendulae.*
Gas. Sulphuris ana Uncias duas.
Aq. Hister. Uncias quatuor.
M. f. Mixtura, cap. Cochlear. unum in Langu-
ribus.

The *Fifth* in the Morning I visited her, and found her Symptoms greatly abated; she had had Two or Three Stools, and slept about Four hours. I order'd her to persist in the use of her former Medicines.

The *Sixth*, her Convulsions had quite left her, her Fever greatly abated, and she had slept tolerably well the precedent Night: I order'd her to persist in the use of her Medicines, as before, and to drink plentifully of the following Julip when she was thirsty; and to eat *Lemmons* and *Oranges* in as plentiful a manner as she pleased.

℞ *Aq. Lactis Alexiter. libras duas.*
Cinnamomi Fortis Uncias duas.
Syrup. Iujulae Uncias tres.
Ol. Vitrioli Dul. q. s. ad Moderatam Acidita-
tem, cap. Liberè & largos haustus.

The *Seventh*, her Spirits were in a great measure come to her, and her Fever going off; but she was somewhat Cōstive, which created a disorder in her Head; I therefore ordered the following Clyster, with the repetition of her former Medicines.

℞ *Decoct.*

℞ Decoct. Com. pro Clysteribus Uncias Duodecem.

Elect. Lenitivi Unc. Unam.

Syrup. Violar. Unc. Unam sem.

Salis Com. pug. duos.

M. f. Encma.

The Clyster worked very briskly, and therefore that Night I gave her the following Draught.

℞ Aq. Lactis Unc. duas.

Mirabilis Dracm. Tres.

Gas. Sulphuris Dracm. duas.

Laud. Liquid. Gut. 20.

Syr. Papaveris Rbæad. Unc. sem.

M. f. haust. horâ somni assumend.

The Eighth, I found her greatly recovered, and her Appetite began to come to her; I allowed her to eat any thing of easy Digestion, and order'd the repetition of her Pouders and Julip, and Cephalick Mixture.

By the Twelfth, by the foresaid Method her Fever was quite gone; I then prescribed the following Purge, to be repeated once in two or three days.

℞ Resinæ Fallap. gr. x.

Crem. Tartari gr. xv.

Antimonij Diaphoret. gr. xij.

Cons. Cynosbati q. s. f. bolus cap. primo mane cum regimine.

The Night following, I order'd the following
Composing Draught.

℞ *Aq. Lactis Unc. Duas.*
Mirab. Unc. semis.
Laud. Liquid. gut. xx.
Ol. Sulphuris gut. vj.
Syr. Papaveris Rhæad. Unc. semis.
M. f. haust. horâ somni assumend.

She having for some time before this Illness
been subject to *Hysterical* Indispositions, I pre-
scribed the following *Steel Course*, to be conti-
nued for Three weeks, or a Month. But be-
fore she enter'd upon the *Steel Course*, she was
perfectly well of her Fever, and went abroad.

℞ *Calibis cum Tart. præp. Unc. sem.*
Cardamomi.
Cubebæ ana Dracm. Unam.
Salis Succini.
Castorei ana Scrup. Unum.
Cons. salviæ Unc. Unam sem.
Syr. Peoniæ q. s. f. Elect.

Cap. quant. Nucis Moscatæ primò manè & horâ
quintâ pomeridianâ, superbibendo Unc. quatuor, Vini
Medicati sequentis.

℞ *Cardamomi.*
Cubebæ.
Galangæ ana Dracm. Duas.
Gentianæ Dracm. Tres,
Calibis cum Tart. præp. Dracm. Duas.
Vini Rhenani Veteris libras duas sem.

Infunde

*Infunde clausè & calidè per horas sex & coletur.
Colatura reservetur ad usum.*

By the means of this Calibiat course she was perfectly freed from her *Histerical* Indisposition.

Observation the Second.

June the Sixteenth, I was sent for to a young Gentleman, of a very gross habit of Body, who was seized with a violent *Fever*, and upon the first attacks of the Distemper was *convulsive* and *delirious*, with violent Vomitings. I first of all order'd large quantities of *Carduus* Posset-drink to bring off that load of Viscous Phlegme with which his Stomach was overcharged; about two or three hours after his Vomiting was over, I prescribed Blood-letting to Twelve or Fourteen Ounces, and that he should take the following Medicines.

Rx. Tart. Vitriolati Dracm. Unam.

Cremor. Tartari.

Salis Prunellæ ana Dracm. Tres.

Sachari Albi Unc. Unam.

M. f. Pul. in sex Chartulis distrib. ex quibus cap. Unam secundà quâque horâ, in Cochlear. Julap. sequentis superbibendo haust. Ejusdem.

Rx. Aq. Lactis Libram unam.

Syrup. Lujulæ Unc. unam.

Ol. Vitrioli Dul. q. s. ad moderatam Aciditatem.

M. f. Julapium.

H 4

Rx Aq.

℞ *Aq. Hordei Libras duas.*
Mirabilis Uncias duas.
Syr. de Rubo Ideo Uncias tres.
Ol. Sulphuris gut. xxx.
M. f. Fulap. cap. pro Potu ordinario.

The *Seventeenth*, he continued much in the same state, only his Convulsions abated, his Urine was crude and undigested, and he had had two or three Stools. I ordered the repetition of his former Medicines.

The *Eighteenth*, his Convulsions were quite gone, but his Head and Face were mightily swelled and inflamed: His Vomitings had quite left him, but he continued loose, which I did not think fit to put a stop to, by reason he was a Person of a very gross Body. I ordered a large *Vesicatory* to be applied to his Neck, and that he should persist in the use of his former Medicines.

The *Nineteenth*, the swelling and inflammation of his Head and Face increased; he had a great difficulty in making Water, occasioned by the application of the *Vesicatory*, and his Looseness still continued. I prescribed the following Medicines.

℞ *Scm. Quatuor Frig. M. ana. Dracm. duas.*
Papaver. Alb. Unc. semis.
Amygdal. Dul. Decoct. Dracm. sex.
Aq. Hordei Libras duas, f. Emulsio S. A. adden-
do Syr. Alibæ Uncias duas. cap. liberè & largos
haustus.

℞ *Cremor.*

℞ *Cremor. Tartari.*

Salis Prunellæ ana Dracm. duas.

Ol. Garriophyllor. Gut. octo.

Sachari Rosati Unc. semis.

M. f. Pul. in quatuor Chartulas distribuend. ex quibus cap. unam tertiâ quâque horâ, in Cochleari Julap. sequentis, superbibendo haust. Ejusd.

℞ *Aq. Cinnamomi Hord. Libram unam.*

Syr. Lujulæ Unc. unam.

Ol. Vitrioli Dul. q. s. ad Moderatam Aciditatem, m. f. Julap.

℞ *Aq. Cinnamomi.*

Mirabilis ana Unc. duas.

Aq. Totius Citri Unc. quatuor.

Ol. Sulphuris, gut. decem.

Syrup. Garrioph. Unc. semis.

M. f. Cardiacum cap. Cochlear. quatuor vel quinque in Languoribus.

The *Twentieth*, his Head and Face were all over in one continued Blister; his *Fever* began to abate, his Looseness stopt, and his Urine tolerably well digested, but his *Stranguary* continued. I ordered the repetition of his Emulsion, with the other Medicines.

The *Twenty first*, his *Fever* was in a manner quite gone, his *Stranguary* quite left him, and the Urine that he made, of a very good colour, with a settlement in the bottom; and from the *Blisters* of his Head and Face, were discharged large drops of an *Acrid, Alcalious Liquor*.

quor. I forgot to mention that the Scrum of his *Blood* did turn a solution of *Syrup of Violets*, from a *Blue* into a very deep *Green Colour*, which was a plain indication that his *Blood* abounded with *Alcalious Particles*, and was the occasion of the *Febrile Fermentation*; to allay which, I thought it absolutely necessary to prescribe plentiful quantity of proper *Acids*. I also order'd him from the beginning to eat as many *Oranges* and *Lemons* as he pleased. I ordered the repetition of the former Medicines.

The *Twenty second*, his *Fever* was perfectly gone, and his *Blisters*, almost fallen, he began to have an *Appetite*, upon which I allowed him to eat some boiled *Chicken* or *Whiting*. I ordered him the following Medicines.

℞ *Crem. Tartari.*

Salis Prunellæ ana Dracm. tres.

Rad. Petasiditis siccata. & Pul. Dracm. duas.

Cochinillæ Dracm. unam.

M. f. Pul. in sex Chart. distrib. ex quibus cap. unam, quartâ quâque horâ, in Cocklear. Julap. sequentis superbibendo haust. ejusdem.

℞ *Aq. Lactis Alexiter.*

Vini Rub. Gal. ana libram unam.

Syr. de Rubo Ideo Unc. duas.

Ol. Vitrioli Dul. Scrup. duos.

M. f. Julap.

By the *Twenty fourth* he was perfectly well, and went abroad. After he had recover'd his strength, I order'd the following *Purge* to be repeated

repeated two or three times, at about Three Days distance.

℞ *Cremor. Tart. Gr. xij.*

Antimon. Diaphoret. Gr. x.

Resin. Fallap. Gr. viij.

Cons. Cynosbati q. s. f. bolus primò manè assumend. cum regimine.

At Night going to Bed, after he had taken the Purge, I ordered the following Quieting Draught.

℞ *Aq. Papaveris Unc. duas.*

Mirabilis Dracm. tres.

Ol. Sulphuris Gut. Octo.

Laud. Liquid. Gut. xx.

Diacodij Dracm. tres.

M. f. haust.

The neck of this *Fever* was perfectly broken in Seven Days, although it was no less than what is commonly called *Malignant*. Whereas, had he been treated with *Alkalies* and *Alexipharmicks*, it would have been no less than Fourteen Days before his *Fever* would have been any thing abated, if he had dropt not by the way. By this Method of mine People are generally kept from being delirious, and all those other dreadful Symptoms that attend People who are treated with *Alkalies* and *Alexipharmicks*.

Observation the Third.

July the Eighth, I was sent for to a Woman who had lain three Days and Nights in an *Apoplectic Fit*, in which time Dr. *Richard R.* had order'd her to be let Blood to the vast quantity of six Ounces, and had caused a *Vessicatory* of the largeness of a Crown Piece to be applied to her Neck. From neither of which had she found any relief; neither indeed could it be expected, it being but mere trifling in so deplorable a Distemper. She had not spoke nor stirred either Hand or Foot of the whole three Days, but lay as one dead. I immediatly ordered *Thirty Ounces* of Blood to be taken out of her Arm, and large *Vessicatories* to be applied to her Head, to her Neck, and to her *Wrists*; and that they should force down the following Medicines; but in a little time after her Bleeding, her Senses began to come to her.

℞ *Tart. Vitriolati Dracm. unam.*

Crem. Tartari Dracm. duas.

Resinæ Fallapæ Scrup. unam.

M. f. Pul. in quatuor Chartulas distribuend. ex quibus cap. unam secundâ quâque horâ donec incipit. purgare.

℞ *Sp. Lavendulæ Unc. duas,*

Gas. Sulphuris Unc. unam.

Aq. Peoniæ Comp. Unc. tres.

M. f. Mixtura, cap. Cochleare unum frequenter.

The

The Ninth, she continued stupid and dozy, so I ordered *Thirty Ounces of Blood* to be taken from the *Jugular*. Her Powders had not wrought with her, and therefore I ordered the following *Clyster*. I ordered likewise a *Steruatory* to be used often, and a Repetition of her *Cephalick Mixture*. For her constant Drink I ordered a *Tea* made of *Rosemary* and *Lavender Flowers*, to be *Acidulated* with *dulcified Oyl of Vitriol*.

℞ *Flor. Rorismarini.*

Lavendulæ ana M. unum.

Cort. Winteriani Unc. semis.

Aq. Font. lib. duas, bulliantur ad dimid. partis consumptionem & coletur, Colaturæ Unc. xij. adde,

Vini Benedicti Unc. unam.

Syr. E spinâ Cervinâ Unc. unam semis.

M. f. Enema statim Injiciend.

℞ *Castorei opt. Dracm. sem.*

Nucis Moscatæ Dracm. unam.

Fol. Assari Dracm. semis.

Nicotiani Dracm. duas.

M. f. Pul. Sternutatorius, frequenter usurpand.

The *Clyster* wrought very well, and her *Blisters* run plentifully, which greatly relieved her.

The Tenth, she could turn her self in her Bed, and open her Eyes, and swallow very well, but could not speak at all. So I ordered them to dip some *Toasted Bread* in *Spirit of Lavender*,
and

and that she should hold a Piece of the said Bread in her Mouth ; and that she should take the following Medicines.

℞ *Tart. Vitriolati* Dracm. duas.

Cremor. Tart. Unc. semis.

Castorei.

Salis succini ana Dram. sem.

Ol. Nucis Moscat. gut. xx.

M. f. Pul. in quatuor Chartulas distribuend. ex quibus cap. unam quartâ quâque horâ, in Cochlear. Fulap. sequentis superbibendo haust. Ejusdem.

℞ *Aq. Pulegij Unc. duodecem.*

Peoniæ Comp.

Hister. ana Unc. duas.

Sp. Lavendulæ.

Gaf. Sulphuris ana Unc. unam sem.

Syr. Peoniæ Unc. unam.

M. f. Fulap.

The Eleventh, she could speak half words, but was somewhat stupid, so I ordered her to be let Blood again in the Jugular, to Thirty Ounces, I having found her to be greatly relieved after each of her former Bleedings, and to persist in the use of her former Medicines.

She was let Blood no more, but continued to use the forementioned Medicines ; and by the Eighteenth she was able to speak freely, and to walk about her Room : So I prescribed her the following Steel Course, and directed her to persist in it for about Three Weeks, or a Month, which accordingly she did, and she continues perfectly well.

℞ *Calibis*

℞ Calibis cum Tart. præp. Unc. semis.
 Nucis Moscatæ.
 Cardamomi ana Dracm. duas.
 Castorei Scrup. duos.
 Ol. Nucis Moscatæ gut. xxx.
 Conf. Salvie Unc. unam sem.
 Syr. Peoniæ q. s. f. Elect. cap. quant. Nucis
 Moscatæ primò manè & horâ quarta pomeridianâ
 superbibendo Unciâs quatuor Infusionis sequentis.

℞ Flor. Rorismari.
 Lavendulæ ana M. unam.
 Nucis Moscatæ.
 Cardamomi ana Dracm. duas.
 Aq. Font. libras duas.
 Infunde clausè & calidè per horas quatuor & cole-
 tur, Colaturæ adde Sp. Lavendulæ Unc. quatuor M.

Observation the Fourth.

June the Twenty Fourth, a Gentlewoman appli-
 ed her self to me for advice. She had a con-
 stant lassitude and weariness upon her, a Violent
 Cough and Shortness of Breath, and constant sore-
 ness and pain in her Ereast, a taste of Blood al-
 ways in her Mouth, a Hectick Fever, and Cold,
 Colliquative Night-Sweats, with an almost total
 loss of Appetite; all the true Signs of a radica-
 ted, confirm'd Pthisis or Consumption. I prescri-
 bed the following Medicines.

℞ Tartari

℞ *Tartari Vitriolati* Dracm. Un. sem.

Cremor. Tartari.

Salis Prunellæ ana Dracm. duas.

Sachari Alb. Dracm. sex.

M. f. Pul. in Octo Chartulas distrib. ex quibus cap. unam quartâ quâque horâ, in haust. Infusionis sequentis.

℞ *Rad. Eringij* Unc. duas.

Bals. Tolutani Dracm. unam.

Aq. Font. lib. duas semis.

Infunde clausè & calidè per horas sex & coletur, Colaturæ adde

Syr. Balsam. Unc. duas.

M.

℞ *Gas. Sulphuris* Unc. duas.

Ol. Cinnamomi, cum sach.

Alb. mixt. gut. quatuor.

M. cap. Cochlear. unum in omni difficultate respirationis.

In about five or six Days the Bloody Taste in her Mouth began to abate; as did also her Sweats.

July the First I visited her, (and she being remote from the City, I could not visit her above once a Week) and finding her somewhat *Histerical*, with a little Looseness, I prescribed the following Medicines, and ordered that her Powders and Infusion should be repeated.

℞ *Aq.*

℞ *Aq. Lactis Alex. Unc. duas.*
Hister. Dracm. tres.
Gas. Sulphuris Dracm. duas.
Ol. Cinnamomi gut. unam.
Laud. Liquidi gut. xx.
M. f. haust. horâ somni assumend.

℞ *Aq. Lactis Unc. octo.*
Hister. Unc. quatuor.
Cinnamomi Fort. Unc. un. sem.
Gas. Sulphuris Unc. unam.
Syr. Balsam. Unc. unam.
M. f. Mixture, cap. Cochlear. quatuor sæpius in
die durante languore.

℞ *Gas. Sulphuris Unc. quatuor.*
Ol. Cinnamomi, Cum Sach.
Alb. q. s. Mixt. gut. sex.
M. cap. Cochlear. unum in omni haust. potus.

August the First, her Bloody Taste and Cold Sweats had quite left her. and the Soreness of her Breast was much abated, and her Appetite in a manner restored. But her Cough and Shortness of Breath continued, as also did her Hectick Fever; but these were much more favourable than at the beginning. I prescribed the following Medicines.

Repetantur Pulveres & Infusio.

℞ *Ol. Vitrioli Dul. Dracm. duas.*
Cap. gut. 40. in omni haustulo potus, & præcipue
quando difficultatem respirandi habet.

℞ Opobalsami Dracm. duas.
 Cap. gut. sex, sing. Noct. horâ decubitus in Cochlear. Syrup. sequentis.

℞ Syrup. Balsam. Unc. quatuor.
 Ol. Sulphuris per Campan.
 Q. s. ad Acid. Saporem.

August the Sixteenth, her Cough and Shortness of Breath had quite left her, and all the other Symptoms in a manner abated; but she was very Costive, and had a propensity to vomit; I therefore prescribed as follows.

℞ Sp. Hur. Picræ Scrup. duos.
 Tart. Viriolati Dracm. unam.
 Aq. Epiderm. Unc. tres.
 M. f. Mixture, cap. Cochlear. unum primò mane,
 & Cochlear. sem. horâ dimidiâ ante prandium, in
 haustulo Vini Rubri.

August the Twelfth, she was somewhat Hysterical, but had no return of her former Indispositions, so I prescribed the following Medicines.

℞ Aq. Fulgij.
 Cerasor. Nig.
 Hister.
 Rutæ ana Unc. quatuor.
 Elix. Vitrioli Scrup. duos.
 Sacchari Alb. Unc. unam.
 M. f. Julep. cap. Cochlear. sex in Languoribus.
 ℞ Land

℞ Laud. Lig. Scrup. unum.

Cap. gut. xxv. horâ decubitus in haust. Jalap.
præcedentis.

August the Twenty second, she finding her self very well, returned to her own Habitation in the Country, a great distance from London, so I prescribed the following Medicines to be taken for Three Weeks or a Month, to confirm her in her Health, and prevent the return of her Distemper.

℞ Cremor. Tartari.

Salis prunellæ ana Unc. unam.

Tart. Vitriolati Dracm. decem.

Mustiches Unc. semis.

Sachari Alb. Unc. quatuor.

Ol. Garriophil. Dracm. semis.

M. f. Pul. in pixide asservand. cap. quant. Mucron. cultri contineri potest, in haust. Infusionis.

℞ Elix. Vitrioli Unc. semis.

Cap. gut. xv. frequenter in haust. Infusionis.

℞ Opobalsami Dracm. duas.

Cap. gut. sex, sing. Noct. horâ decubitus in Cocklear. Syrup Balsam. cum Ol. Sulp. Acidulati.

She hath since been in Town very well, and free from any of her former Indispositions.

Observation the Fifth.

• *October the Thirteenth*, I was sent for to a *Young Gentleman* who for some days had been ill of a *Pestilential Fever*, having *Black and Purple Spots* upon his *Breast*, and other *Parts*, and about *Thirty* hours before was taken with a *Violent Bleeding* at his *Nose*, and in that space had bled, by a modest computation, at least *Twelve Pounds*. All ordinary Means, both internal and external, had in vain been used by a *Great and Honest Physician*, whose Advice had been required; but the *Effusion of Blood* could no ways be stopt, so that both *Physician* and *Relations* had given him up for dead: But providentially a *Relation* of mine coming in, with a *Solution* of the *Vulnerary Powder* that was formerly mine, soon stopt the *Effusion of Blood* at his *Nose*, and withal gave them encouragement, that if they would send for me, he might be so treated, that his *Fever* might be taken off, and his *Life* preserved. Accordingly I was sent for; and although the loss of *Blood* had been so great, yet his *Fever* was not in the least abated, his *Pulse* was violently high and quick, his *Tongue* as *black* as a *Coal*, and so rough, that one might almost have grated a *Nutmeg* upon it, with a violent *Orgasme* of his *Spirits*. Both his *Bleeding*, *Spots*, and even the *Fever* it self proceeding from the *Globules* of the *Blood* being broken by too great a quantity of *Alkalies*, as I have more at large taken notice of in my
Essay

Essay of Alkaly and Acid. I prescribed the following Medicines.

℞ *Crem. Tartari* Dracm. duas.
Sals pumelle Dracm. duas.
Tart. Virulati Dracm. unam.
Sachari Rosati Dracm. sex.

M. f. Pul. in quatuor Chartulas distrib. ex quibus cap. unam secundâ quâque horâ in parvâ quantitate Julap. sequentis superbibendo haust. Ejsd.

℞ *Aq. Lactis Alexiter.*
Cinnamomi Hord. ana lib. unam.
Aceti distillati Unc. duas.
Syr. Lujulæ Unc. tres.
Ol. Vitrioli q. s. ad Acidum.
Saporem M. f. Julap.

℞ *Fol. Rosar. Rub. m. sex.*
Aceti Acerrimi q. s.
Bulliantur ad Mollitiem & applicetur inter duas Pannas lineas, Fronti & Stomacho.

℞ *Aq. Mirabilis.*
Cinnamomi ana Unc. tres.
Cinnamomi Hord. Unc. quatuor.
Ol. Vitrioli gut. 60.
Syr. Lujulæ Dracm. sex.
M. f. Cardiacum, cap. Cochlear. sex quando Spiritus languent.

Within half an hour after he had taken each of the first three Papers of Powder, he vomited

ted up great quantities of *Coagulated Blood*, but the fourth stay'd with him, and within Three Hours after he had Two or Three loose Stools, the greatest part of which were Blood, after which he was somewhat compos'd, and slept Three or Four Hours; after which he seem'd to be much refresh'd.

October the Fourteenth, I order'd a Repetition of the former Medicines, only instead of the *Cordial*, I gave him that which follows; and he being very thirsty, I order'd that he should have *Limmonade* with a little White-wine mixt with it, to drink in as plentiful a manner as he pleas'd.

℞ *Aq. Cinnamomi* Hord.

Cinnamomi Fort. ana *Unc. tres.*

Syr. Garrioph. Dracm. sex.

Confect. Alkermes Dracm. duas.

M.

The Fifteenth, The violence of his *Fever* began in some measure to abate, but he had a very great depression of his Spirits, being extremely fainty and weak. I order'd the following *Pouders* and *Julip*, with a repetition of his *Cordial*. And by reason he had not slept the foregoing Night, I order'd the following *composing* *Haustus*, one half to be taken at Eight a Clock, the other half about Midnight, if he did not sleep.

℞ *Tart.*

℞ Tart. Vitriolati Dracm. unam.

Cremor Tartari.

Salis prunellæ ana Drac. unam sem.

Ol. Cinnamomi gut. sex.

Corriob. gut. sex.

M. f. Pul. a fine Chartulas distrib. ex quibus cap.
unam secundâ et tertiâ quoque horâ in Cochlear.

Syr. Balsam. superbibendo haust. Julap. sequentis.

℞ Aq. Cinnamomi Hord.

Libram Unam semis.

Mirab. Unc. tres.

Ol. Vurioli Dul. q. s. ad Moderat.

Acid. addendo Syr. Lujulæ Unc. duas.

M. f. Julap.

℞ Aq. Cinnamomi Hord. Unc. tres.

Mirabilis Dracm. sex.

Laud. Liquidi gut. 30.

Ol. Vitrioli Dul. gut. 10.

Syr. Papaveris Unc. semis.

M.

The Sixteenth, his Fever was more abated, and the Spots began to disappear. But the blackness and roughness of his Tongue continued, and he was very Costive; so I prescribed the following Mixture to moisten his Mouth, and the Clyster to open his Body. The Clyster wrought three or four times, and brought away a great quantity of Black, coagulated Blood that still remained in his Bowels; after the operation of the Clyster, I ordered that he should take the Composing Haustus as before.

℞ *Urinæ Hominis feni* Unc. decem.
Terebinth. Veneti cum Virello.
Ovi opt. Mixt. Unc. unam.
Ol. Chamomillæ Unc. unam.
Annisi gut. sex.

M. f. Enema statim Injiciend.

℞ *Syr. Balsam.*

Aceti ana Unc. unam semis.

M. f. Mixtura cap. Cochlear. unum frequenter.

Repetatur haust. Paregor. cap. Dimidia pars post operationem Enematis, pars altera circiter Medium Noctis.

The Seventeenth, the Spots totally disappeared, and his Fever abated, but he continued very languid and fainty; I prescribed the following Medicines.

℞ *Cremor. Tartari.*

Salis Prunellæ ana Dracm. unam.

Ol. Garriophilor. gut. octo.

Cinnamomi. gut. quatuor.

M. f. Pul. in quatuor chartulas distribuend. ex quibus cap. unam tertiâ quâque horâ in Cochleari Syrup. Balsam. superbibendo haust Fulap. sequentis.

℞ *Aq. Cinnamomi Hord. lib. unam.*

Epidem. Unc. quatuor.

Syrup. Lujulæ Unc. unam semis.

Ol. Vitrioli Dul. q. s. ad Moderat.

Acidulatam.

M. f. Fulap.

Repetatur

Repetatur Julap. Cardiacum.

The Eighteenth, his Fever was in a manner gone, and he began to have an Appetite, so I allowed him to eat *Whiting*, or some such thing; the roughness and blackness of his Tongue were quite gone, but both his Mouth and Tongue were very sore; he also had a little obstruction in making Water. I prescribed the following Medicines.

Repetantur. Pul. & Julap. hestern. nocte præscript.
Repetatur etiam Enema non ita pridem præscript.

Rx Sem. Cydonior. Dracm. unam semis.

Aq. Fontan. lib. unam.

Bulliantur ad dimidiæ partis consumpt. & coletur,
Colaturæ adde

Syrup. Altheæ Unc. unam.

M. s. Gargarisma, frequenter usurpand.

Rx Amygd. Dul. decort. Dracm. sex.

Sem. Papaver. Alb. Dracm. tres.

Sem. quat. frig. M. ana Dracm. unam.

Aq. Rosarum Unc. duas.

Hordei lib. duas.

F. Emuljo S. A. addendo

Sachari Albi Unc. duas.

M. cap. haust. larg. frequenter.

The Nineteenth, his Fever was quite gone, but the soreness of his Mouth and Tongue continued, as also did his difficulty of making Water,

ter, but that was somewhat better than the day before. I prescribed for him as follows.

Repetatur Emulsio.

Rx Sem. Psyllij.

Cydoniorum ana Dracm. Unc. sem.

Aqu. Font. lib. unam.

*Bulliantur ad dimidiæ partis consumpt. & coletur,
Colaturæ adde*

Syr. Altheæ Unc. unam.

Sachari Saturni Scrup. unura.

M. f. Gargarisma, frequenter usurpand.

Rx Cremor. Tart. Dracm. duos.

Cochinillæ scrup. duos.

Ol. Cinnamomi gut. quatuor.

*M. f. Pul. in quatuor Chart. distrib. ex quibus cap.
unam quartâ quâque horâ in Cochlear. Syrup. Bal-
sam. superbibendo haust. Julap. non ita pridem
præscript.*

Rx Aq. Lactis Unc. unam semis.

Mirabilis Unc. semis.

Laud. Liquidæ gut. xx.

Ol. Vitrioli Dul. gut. decem.

M. f. haust cap. hac nocte, si non bene dormit.

The Twentieth, his Appetite increased, and what he eat he digested very well; he began also to recover his strength, and could sit up an Hour at a time. I ordered the repetition of his former Medicines.

The Twenty fourth, I visited him again, when I found him increased in strength to a very great degree. I ordered the following Medicines.

℞ Crem. Tartari Dracm. duas.

Cochinille Dracm. unam.

M. f. Pul. in quatuor Chartulas distrib. ex quibus cap. unam primò mane & hora octavâ vesperi, in Cochlear. Syrup. Balsam. superbibendo haust. Julap. sequentis.

℞. Aq. Cinnamomi Herd. lib. unam.

Epidem. Unc. quatuor.

Syr. Iululæ Unc. unam sem.

Ol. Virioli dul. q. s. ad

Moderat. Aciditatem.

M. f. Julap.

He persisted in the use of these Medicines till the First of November, at which time I prescribed the following Steel Course, to be continued for a Fortnight or Three Weeks.

℞ Calibis cum Tart. præp.

Crem. Tartari ana Dracm. tres.

Cardamomi.

Cubobar ana Dracm. unam.

Cons. salviae Unc. unam sem.

Syr. Garriophyllor. q. s.

F. Electuarium, cap. quant. Nucis Moscatæ, primò mane & hora quartâ pomeridianâ superbibendo haust. Infusionis sequenti.

℞ Rad. Eringij Unc. duas.
 Cort. Aurant. Dracm. tres.
 Aq. Font. lib. unam sem.
 Vini Rubri lib. unam.
 Infunde per horas sex & coletur, Colaturæ adde
 Syr. Aurantior. Unc. duas.
 M.

℞ Rad. Consolidæ Majoris.
 Eringij ana Unc. duas.
 Aq. Font. lib. quatuor.
 Bulliantur ad dimidiæ partis consumptionem &
 coletur, Colaturæ adde
 Syr. Aurant. Unc. duas.
 M. f. Apozema, cap. haust. sæpius in die.

Before he began the *Steel Course*, he was very hearty and well; and the only reason of my putting him into the *Steel Course*, was to prevent his falling into a *Dropſy*, or some other *Chronical Diſtemper*, after the loſs of ſo great a quantity of *Blood*, attended with ſo violent a *Fever*; and I thank God it had the deſired effect.

From the recovery of this Young Gentleman may ſeveral things be inferred: As,

First of all, That *Hæmorrhagies* in *Malignant*, *Peftilential Fevers*, are not always to be accounted the certain *Prognosticks* of future Death. Nay, would very rarely prove ſo, were proper *Acids* given in plentiful quantities.

Secondly,

Secondly, That the *Worthy Gentleman*, who is the great Patron of *Phlebotomy*, does only follow Nature's Dictates, when he prescribes *Blood-letting* in *Malignant Fevers*.

Thirdly, That *Malignant, Pestilential Fevers* may safely and certainly be cured without the use of any of the Nauseous Tribe of *Alexipharmicks*, which very rarely are of any other use, than to send the Patient to his long home in a short time.

The

The True Account of an Extraordinnry Cure wrought by Bathing in *Cold Water*, sent to me, by my *Worthy Friend Dr. Baynard*, from the *Bath*.

The Case of Samuel Crew, Gent. of Lacock, in the County of Wilts, taken before Edward Mountague, of Lacham, Esq; and several other Gentlemen, then at his House present, all which very well knew his Condition, they being of the Neighbourhood.

I the said *Samuel Crew*, about Two years since, was seized with a most intolerable Pain in my *Right Elbow*, from thence the Pain went into the *Insteps* of both *Feet*, thence into my other *Arm*, and the lower end of my *Backbone*; thence into the *Nape* of my *Neck*: But after it had seiz'd my *Neck*, the Pain spread all over me, not only in my *Joints*, but *Flesh* also, insomuch that the *Calf* of my *Leg* was contracted

eted as hard as any *Iron Wedge*, and so continued Three quarters of a Year with such *racking Pains* as is inexpressible. My *Belly* seem'd to be clove to my *Back-bone*, insomuch that it was all hollow like a Dish, and would hold Water when I lay upon my *Back*. My *Fundiment* was drawn up three or four Inches into my *Body*, and I was grown so thin and extream poor, that I was *raw* and *gall'd* with lying, and *Lousy* with *Poverty of Flesh*; and had such *Pains* in my *Ears*, that if a *Red-hot Iron* had been run into them, it could not have been worse. I lay upon my *Back* half a Year, not being able to stir or move *Hand* or *Foot* all that time: In short, The *Pain* did so distract me, that I *hallow'd* and *hoop'd* like a *Mad-man* with extremity of misery, insomuch that I really thought that *Hell* could not be worse; nor is it possible for any *Tongue* to tell, or *Pen* to write the *Miseries* I endured. I was worn to a meer *Skeleton*, and when I went to Stool, which was once in four or five Days, and then forced by *Purging Syrups*, &c. that no Woman in extream Labour could have more Pain, caused through the contraction of my *Fundiment*. I had several Able *Physicians* with me, unto whom my Case is well known, they prescribed me *Purging*, *Bleeding* much, and very often, they sweat me a whole Month together. I took *Viper Pouders*, *Crabs Eyes*, *Pearl Cordials*, *Sal Volatile*, *Spirit of Sal Armoniack*, *Spirit of Harts-horn*, *Oyl of Tartar*, and several other *Drops*, and all the *Wood-Drinks*, and all to no purpose: I went to the *Bath*, and there bathed, which so
 increas'd

increas'd my *Pains*, that I am well satisfied, that one *Essay* more in the *Bath* would have cost me my *Life*, even in the *Waters*. At last meeting with *Dr. Baynard*, he persuaded me to go into *Cold Water* over *Head* and *Ears*, every day fasting, and use the *Decoction* of *Wild Sage*, *Ground Ivy*, *Ground Pine*, *Germander* and *White Hoar-Hound* for my constant *Drink*, which I did, and in six Days *immersion* in the *Water*, and using the *Drink*, I was well, so well as to walk about my *Grounds*; all my *Pains* insensibly vanished; my *Stomach*, which was quite lost and decayed, was restored; I got strength, slept sound, my *Flesh* came on, and my *Colour* came into my *Face*. All this is well known to the *Neighbourhood* and *Country* around, which with my humble *Acknowledgements* to *Almighty God* for this my great *Cure*, I attest to be literally true:

Given at Mr. *Montague's* House at *La-
cham*, June 2. 1696.

Witness my Hand,

Samuel Crew.

The Postscript of a Letter from Mr. William Matthews, Apothecary of Ledbury in Herefordshire.

HAVING Time and Paper, I acquaint you with an *Observation* I have made of a *Specifick* generally used here by the *common People* for the Cure and prevention of the *Small-Pox*, which is, to drink frequently *Ruddle*, *Terra Rubrica* (a thing known to every body in that Country) I think *English Bole*, it either prevents the *Infection*, or they that have it, very few and favourable; none dye that use it.

A *Child* about a Year Old, taken violently with *Convulsive Fits*, despaired of by *Physicians*: The *Assistants* were advised to apply *Young Pigeons*, the *Breeches* to the *Anus*, till they lived; if the first lived, it was a sign they would do no good: Seven were applied one after another as fast as they died, which was immediately, in less than half a Minute, the eighth lived, and the *Child* recovered immediately, and had no more *Fits*. The like I experimented upon a Neighbour's Child, but we could get but Three, which all died, yet the Child re-

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covered very well. After being sent for to a Woman, who complained of a *Convulsive Pain* in her Side ; she had been near Three Weeks in that Condition , and gone through several *Methods*, *Catharticks*, *Opiats*, &c. to no purpose ; I advised the *Pigeons*, Ten or Eleven died, the Twelfth lived, and the Woman well recovered ; she was emaciated with her Pains to a mere *Skeleton*, and Death in her Face, is now healthy and plump.

But since, a Man troubled with *Convulsive Motions*, sometimes in the *Colon*, sometimes in the *Sphincter Muscle* of the *Bladder*, sometimes in the *Hands* and *Feet* ; the *Pigeons* were applied, but had no effect ; for although several were applied, not one died, or was the worse for it.

To the Child before-mentioned, they died so quickly, that a *Gentlewoman* present feared the Maid that applied them might hold them too hard, which might occasion their dying so suddenly, therefore she would her self apply them, and she did it with the greatest tenderness imaginable ; yet as soon as fixt to the place, they sprawled out their Legs and died.

There is scarce any one who has been long a Practitioner, who hath not made some Observations of the operations of Specifick Medicines. Now whoever hath made
any

any Observations of this nature, if they will be so kind as to communicate them to me, they shall not fail of being made publick for the common benefit of Mankind; with the Names of the Persons who shall communicate them.

Just as the last Sheet was in the Press, I received the following Letter from an Unknown Hand; and having received many of the same Nature, I have presumed to publish this, and to make some short Animadversions upon it.

Worthy Sir,

EXCUSE this Trouble from a Stranger, whose unhappiness it is to live so remote, as not to be capable to have the Honour of visiting and conversing with you: Yet permit me to tell you, that I have applied my self to the study of *Physick* divers years past, but have never yet prescribed any, unless in Charity to a few *Paupers*. Sir, I have read both your Books of *Alkalies* and *Acids*, I have read them over and over again; as also I have your *Novum Lumen Chyrurgicum*: I confess they seem to be very ingeniously wrote, and (as you declare) for the benefit of Mankind; and that I easily believe, because you are so free and liberal in printing your Receipts. When you prescribe *Acids* in the *Gout*, *Consumption*, &c. I am at a stand in my Study, and know not what Book to read next, since your new Doctine contradicts all I have yet read in *Physick*. I did then make it my business to enquire of the Learned

Men

Men of my Acquaintance, what was your Education, and what their Opinion of your Positions in your Books. The *Physicians* I have met with, tell me you were bred an *Apothecary* (as I think you say in one of your Books) and they will allow you to be a very good one. They will allow also, that you have got out of the Fire, by your assiduous Labour, an Excellent Medicine to cure Wounds; but they admire extreamly (considering your Youth and small time of Practice) that you are so positive and Dogmatical in your Writings about *Physick*, since you contradict the Practice of so many Eminent and Worthy *Physicians* of the former, and this present Age, who will no more admit of Novelties in *Physick*, than *Divines* will in *Religion*. I told them I should be glad to see an Answer to your Books by some Able *Physician*; to which they replied, You were not yet run to the length of your Line, for you are now about a *Treatise* of the Gout; Of the different Species of those Attagues, and proper Medicines to cure each of them: In which Presumptuous Undertaking you will so far expose your Weakness, that after the Publication thereof, all your Books shall be answered and refelled together. Sir, I heartily wish that they may be deceived in their Expectation, and that you may not be deceived in yours. I humbly advise you to publish none of your Receipts with your *Treatise* of the Gout; for if it shall happen that

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they

they Answer not what you Promise for them, you will expose your self to the Censure of your Adversaries: Whilst on the other hand, if they shall prove as effectual as you expect, it is great reason that you should reap the sole benefit thereof to your self, (during Life at least) and you may leave them after your Decease, a good Portion to your Son, or Jointure to your Widow. Nor think this Counsel too mean for your generous Soul, since divers *Eminent Physicians* pretend to *Nostrums* of their own Invention, and conceal the Receipts, and keep the Profits thence arising, to themselves. The *Surgeons* I have conversed with, touching your *Powder* and *Tincture*, for the Cure of *External* and *Internal Wounds*, seem to be of a more Angry and Rigid Temper; they admire you should enter into their Province, and meddle in their Profession, which is but collateral, if not quite foreign to your own Education. I have made them confess that your *Syringe* is better than their *Probes*, and that it will reach farther, and with less danger to the Patient: They have confessed also, that you are in the right as to your prohibition of the use of *Tents*, since they keep the Wound open, and procrastinate Cures, rather than expedite them; but they will not allow that your *External Medicine* will cure any thing but Cut Fingers and Gauld Horses; and that your *Internal Medicine* is good only for the Gripes, and to procure Rest: They confess you have cured some few Cuts with a Sword
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in Four Days, but they were such as a Dog would have lick'd whole in Three; but a Wound made with a *Gun-shot* you never made any application to, or pretended to cure it. They indeed say, That in the Year *Ninety Four* you did dedicate a Book to the *King*, extolling the Wonderful Cures effected by your Medicines in *Flanders*; but they yadmire at your Confidence, since few of those Cures were ever perfected; and if any of them were made, they were made by the *Surgeons* of the respective *Regiments*. They say farther, That you have never given any one Instance of any Cures wrought at the Famous *Siege of Namur*, though you were present all the time.

Sir, These Reports they have industriously spread abroad; whether true or false I know not, but I desire you will take it kindly from me, to acquaint you with what is said, which I presume was never said to your face, nor can you come to the knowledge thereof any other way. I confess their Discourse seemed to be seasoned with the Salt of *Demetrius* and his Followers, who made Shrines for the Goddess *Diana*; wherefore I will suspend my Judgment, and also my farther study in *Physick*, till I see your Discourse of the *Gout*, which with impatience is expected,

Dated at York,
Nov. 30. 1696.

By your Unknown, yet Faithful
Servant and Wellwisher,

T. S.

The Gentleman who wrote me this Letter (whose Name I should be glad to know) seems to be a man of Candor and Ingenuity. And I must confess, that the Doctrine I have advanced, is so directly contrary to every thing that has been yet wrote, that it is enough to startle any Young Man, nay and some Old ones too : But for all that, the Novelty of the thing is no argument why I should not inculcate it in the clearest manner I can. The *Circulation* of the *Blood* through the *Arteries* and *Veins* of *Humane Bodies*, was as old as *Adam*, yet we don't find that ever it was clearly demonstrated by any one before our Great *Harvey's* time. And because no man had wrote upon that Subject before, (nay the Opinions of all Mankind were directly opposite to it, although it were as demonstrable and clear, as that Two and Two make Four ; nay I admire how People could be so sottish, as to see *Blood* run from a *Vein* below the *Ligature*, and not from thence infer a *Circulation*,) must he therefore omit it for fear of displeasing the rest of his Brethren ? If Ingenious men should take such a course, we must never expect any Improvements in any Profession. But there never yet was any one that did advance a new thing, though never so clear and demonstrable, but all the rest of his Profession were up in Arms against him. It is an innate Principle in the minds of most men, not to allow any man to be more know-

knowing in his Profession than himself. Every man (almost) would have the World believe, that he knows as much or more in his own *Profession* than any one besides. But if at any time a Person starts up, and advances something in a *Profession* that was not known before, that Person is immediatly cried out upon for an *Innovator* at least, if not for a *Madman*. This was *Harvy's* Case; very few in his time believing, or at least owning the *Circulation* of the *Blood*, although it be now the common received Opinion of almost all Mankind. *Harvy* inculcated his Doctrine so clearly, that it is almost impossible that any *Physician* should be unconvinced of its truth: But they were then ashamed to own it, for fear People should see that they were subject to Mistakes as well as other men; and if they were mistaken in so great a Point as the *Circulation* of the *Blood*, why not in others as much material? *Physick* is not brought to its *Acme* of Perfection. There are a great many Distempers we can't tell how to cure with any sort of certainty; therefore that Man who hath made any Discoveries which may tend to relieve men in distress, is much worse than a Brute, if he doth not communicate them, let his Treatment for so doing be never so ill. And to those who believe the Sacred Writings, it is one of the greatest comforts to be evilly treated for well doing, by reason that such are accounted Blessed.

As for my being bred an *Apothecary*, I am not ashamed to own it; as the Greatest Lawyers are not ashamed of their being bred Attornies. And many of the greatest of them have been so.

As for the great Threats that are daily thundred out, of my being confuted; they are but mere Scare-Crows to me. I am so far from being afraid of it, that I should be heartily glad to see it done: For whoever shall by solid and substantial *Experiments* make it appear that I am in the wrong, shall be my great *Apollo*; and the first thing I do, shall be to write a Publick Recantation.

The concealing of any thing I know, that may be any ways serviceable to Mankind, is what, for the future, I shall never do. I had better have given *Five hundred Pounds* than have kept my *Vulnerable Powder* and *Tincture* as Secrets; and had it not been for making my self some part of satisfaction for the great Losses I sustained by going to *Flanders*, I would never have sold them, but would have made them publick.

As for what some of the *Surgeons* continue to say of me, I am not in the least concerned for; but Justice to the Gentleman who bought the *Vulnerable Powder* and *Tincture* of me, with the Receipt for the making of the same, obligeth

geth me to assert that they will do more than cure the *Gripes* and *Cut Fingers*. And since they say I have given no Instance of any Cure wrought at the *Famous Siege of Namur*, I shall here presume to give an Account of one, whereby their Positions will be totally overthrown.

One Mr. Cherry, a *Sergeant* of *Grenadiers*, in the *Regiment* of the *Honourable Colonel Frederick Hamilton*, was, at the *Attack* of the *Terra Nova* of the *Castle of Namur*, wounded in Twenty six places, Twenty three of them were made with *Bullets*, and Three large *Cuts* in his *Head* with a *Sword*. He lay Forty eight Hours stript naked upon the *Breach*, without *Bit of Bread*, or *Drop of Drink*, or having any thing done to his Wounds. Upon the *Capitulation* several of our *Soldiers* going up to the *Breach* to look after their *Dead Officers*, found him alive; so they brought him down to me to the *Hospital* at the *Abby of Salsine*; he was as cold as a *Dead Corps*, and so weak that he could scarce speak. There were Two *Bullets* that went through his *Body*, in just below the *short Ribs* on one Side, and out on the other. He had Seven *Shots* in his *Left Arm*, the *Bone* being broken and shattered to pieces, at least three Inches of it being taken quite away: To be short, There was scarce one *Limb* that was not wounded more or less; and yet this man was cured without applying any thing in the world to his Wounds but the *Vulnerary Poudre*,
and

and giving him the *Tincture* inwardly; and through the whole course of his Cure he had never any thing of a *Fever*. The truth of this will be attested by Mr. *Thomas Davis*, Surgeon, in *Norfolk-Street*, who had the care of him.

Whoever will enquire of the *Honourable Colonel Ingoldsby*, I am sure he will give them an account of a great many *Soldiers* of his *Regiment* that were wounded at the same time, who were cured by the same Means, as were a great many others in other *Regiments*.

I have lately had an Account of a *Countrey Surgeon* who cut a Person for the Stone, and by the means of the *Vulnerary Powder* cured the *Wound* in Four Days.

As for what I have said in that Piece I dedicated to his *Majesty*, it is not in the power of the most malicious of my Enemies to contradict the Truth of any one of the Relations there given. But for what is said concerning the *Regimental Surgeons*, there is somewhat of truth in that; all, or the greatest part of what was done that Year, being done by Mr. *Cholmly*, Surgeon to the *Honourable Coll. Brewers Regiment*, by my direction, I never pretending to operate in *Surgery* my self, unless upon some very urgent Occasions, where a professed Surgeon was not to be had.

Whilst

Whilst I was writing this, I by chance met with the following Passage in *Juncken*, in his *Med. Præfenti seculo accomod.* pag. 250. and he being a Man who all along accounts for the Cause of Diseases from the *Bloods* abounding with too great a quantity of *Acids*, the thing seems to be the more strange, and is the more to be depeuded on.

*Sal in genere à rerum Conditore infinitis bonitatibus dotatum est : Fermentationem juvat, Alimenta digerit, putredinem arcet, appetitum excitat, terram fecundat ; hinc Maritimi Populi terram sale impregnata, effodiunt & agris inspergunt, & omne hoc Acidificatione : Ubi è contra Alkalia carnem Mortificant & putredinem promovent, & nisi horum ferociam eluderet acidus salis spiritus, mox omnia corrumpere-
rentur.*

Who could have desired more than this from a Friend ? But coming from an Enemy, it carries the more weight and force along with it.

And thus I shall conclude, leaving this Piece to stand or fall as it deserves. If Mankind receives any advantage by it, I have my end. The Criticks I am sure will carp at it, it being wrote in so homely a Stile ; but I have not aimed to tickle mens Fancies, but to inform their Judgments, and undeceive them in a Matter of the greatest Consequence.

The

The Gentleman who wrote me the following Letter, but a Month before, rayled at my Doctrine of *Acids* in the most plentiful manner that could be; though I am sure he did it upon no other score, than because he thought my Hypothesis to be erroneous.

Dignissime,

CONtra *Justitiæ, Morumque Normam* peccarem, si *virum Cui Deo proximo vitam debeam, silentio præterirem.* Nuper enim cum è *Luce* penè evasisssem, tu mihi propitiùs adstetisti, *Candide* effulisti, *Tu meus Apollo.* Ut autem quanto laboravi periculo, quam vix ac ne vix mortem effugi, Certus scies, & *Morbi Naturam, & Methodum Therapeuticam, seu Thanatephoram* potiùs, paucis hìc dicam. *Hebdomada est, & ea quæ excurrit, quâ lethali quodam frigore Correptus Ventriculus, Officio fungi respuebat: Ab hinc vires labefactare, Animus delinquere, donec tandem Lipothymiam passus procubui.* Iterum verò re vertente *Animo, dum Causam meditor tanti mihi mali, eccè adventabat fortè tunc Medicus, Doctus meberculè, & mihi familiaris: Is uti Sanguinis Dyscrasin ob Acidi plus Nimio Oriri* Consecabat; *Volatilia & Alkalia omnia ad Motum, & Calorem exsuscitandum* Jubebat; igitur *Sp. Sal. Arm, Sal. C. C. Vol. Vinum ustum, & similia, nocte dieque* ingerebam: *Vesicatoria insuper perquam Ampla, & Enemata Corroborantia Continuo applicantur; frustra tamen omnia, nec enim Motum excitabant, nec Calorem; at Sudores immodici, & frigidi, Mem-*
brorum

prorum Rigor, Cordis palpitatio, & Pulsus subinde
 intermissio subitam intentabant mortem. Animo me-
 um verò Revolvēte, quæ & aliàs expertus sum,
 & quæ ipse nuperrimè de Acidis, Scriptis Mandasti,
 Aquæ fontanæ parùm acidulatæ, libram unam, de-
 inde Alteram, exhauriebam; Cui horæ parte minus
 quartâ, & Membrorum debitus Calor, & benigna
 ubique Transpiratio, successit: Tunc Arteriarum for-
 tis micatio, Alvi facilis exoneratio. Hoc Temporis
 momento, tam subita mutatio, me ad Consilium ve-
 strum petendum appulit; ex quo in melius Cessi, Vires
 continuo recuperavi, vixi. His Consona omninò
 Baynardus quidam. M. D. Facultate suâ inter No-
 tissimos, qui Ægrotudinis sub initio mihi etiam ad-
 iut, suavit; at Consilium ejus neglexi, heu quantum
 Neglexi Consilium! Hoc enim Orbi attestari non eru-
 escerem me nempe Acidi solum Beneficio, ab ipso
 Mortis Articulo eripi. Tantum non Jugulatis Ar-
 nata Medicinæ! Hic habes Studiosissime Statius no-
 stri Relationem, quæ pro viribus licet imbecillis, ta-
 men Animo quam forti, & non ingrato Conscrip-
 ta;

Amico tuo Fideli, & Servo Obedientissimo,

Dec. 19. 1696.

N. Tyrling.

F I N I S.

